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| Queensland University of Technology, Brisbane Australia | **PARTICIPANT INFORMATION FOR QUT RESEARCH PROJECT****– Interview –** |
| **Memory Reconsolidation Therapy for Bulimia Nervosa and Posttraumatic Stress Disorder****QUT Ethics Approval Number xxxxxxxxx** |

**RESEARCH TEAM**

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| Principal Researcher: | Gemma Frost Master of Clinical Psychology Student |
| Associate Researchers: | Assoc/Prof Esben Strodl Supervisor (Clinical Psychologist) |
|  | Prof Ottmar Lipp Supervisor (Researcher)School of Psychology and Counselling, Faculty of Health, Queensland University of Technology (QUT) |
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**Description**

This project is being undertaken as part of a Master of Clinical Psychology. The purpose of the project is to explore the effectiveness and acceptability of an adaptation of an adaptation of a therapy called Memory Reconsolidation Therapy for the treatment of bulimia nervosa and posttraumatic stress disorder. Memory Reconsolidation Therapy is a recently developed therapy, which preliminary research suggests may be a suitable, effective treatment, for individuals who have experienced previous traumatic events, and are experiencing disordered eating behaviour.

You are invited to participate in this project because you have contacted the QUT Psychology and Counselling Clinic, and have reported disordered eating behaviour, and have also reported that you have experienced a past traumatic event or events (e.g. physical, sexual, or emotional/psychological abuse (e.g., bullying)).

**Participation**

Your participation will involve the following:

1. As a participant in this study, you will receive an adaptation of a recently developed therapy we call Memory Reconsolidation Therapy for the treatment of Bulimia Nervosa. A psychologist holding provisional registration, who is working under the supervision of an experienced Clinical Psychologist, will deliver the therapy.
2. The first stage of participation in the research will involve an interview, to ensure that the type of therapy we are providing is suitable for you. This will take approximately 60 minutes.
3. If you agree to participate in this study you will be randomly assigned to a wait-list. Participants will commence therapy in a sequential order on a weekly basis to control for the effect of external events upon therapeutic outcomes. Therefore, there may be a waiting period of up to six weeks from the time you enter the study until the beginning of therapy.
4. You will also be asked to attend a consultation with your General Practitioner, or a General Practitioner within the QUT Health Clinic. This is to ensure that you are not suffering from any medical conditions that may impact on your ability or safety to participate in the therapy. If the General Practitioner you see does not bulk bill then the research team will reimburse the cost of the visit to the doctor.
5. Prior to the commencement of therapy, we will ask you to complete a short battery of questionnaires measuring your current experience of psychological distress, beliefs about emotions, impact of a previous traumatic event, and disordered eating behaviour. This will take approximately 20-30 minutes.
6. You will be asked to attend 12-16 x 90-minute weekly, individual, face-to-face therapy sessions at the QUT Psychology and Counselling Clinic, Kelvin Grove. At the start of each therapy session we will ask you to complete a small number of questionnaires measuring levels of distress, traumatic symptoms, and frequency of bingeing/purging. This will take approximately 10 minutes. Each session will be video recorded for research and supervision purposes. This is to ensure the treatment is being conducted correctly. As such, they may be reviewed by another member of the research team. All video recordings will be stored on a password protected external hard drive, for the duration of the study. They will be destroyed after the studies completion. The video recording of sessions is standard practice at the QUT Psychology and Counselling Clinic for supervision and training purposes. If you are not comfortable with the sessions being video recorded, you will be given the option to have the sessions audio recorded instead.
7. Once you have completed the course of therapy (approximately 12-16 sessions) we will ask you to be involved in a 30-minute interview that will be video-recorded. In this interview you will be asked questions about what you found helpful and not so helpful about the therapy sessions. We will also ask you to complete the same battery of questionnaires you completed at the start of therapy (i.e. approximately 20-30 minutes). Finally, approximately three months after the completion of therapy we will mail you the same questionnaires that you completed at the start, and end of therapy and ask you to complete them one last time (i.e. approximately 20-30 minutes).
8. We will also record how many sessions of therapy you are able to attend.
9. You will have the option of your personal results being recorded on your personal health record and/or having your results shared with your General Practitioner. The overall results of the research study (in which individual participants are not identified) are intended to be disseminated by the publication of a peer reviewed journal article or scientific conference presentations.

Your participation in this project is entirely voluntary. If you do agree to participate you can withdraw from the project without comment or penalty at any time. If you make the decision to withdraw from the study, the video recordings of your therapy sessions will be deleted immediately. Your decision to participate or not participate will in no way impact upon your current or future relationship with QUT. If you decide to withdraw from the research study, completion of a withdrawal form is not compulsory.

**Expected benefits**

Memory Reconsolidation Therapy is a relatively new and evolving therapy, which based on the current literature, has the potential to benefit individuals who have experienced past sexual, physical or psychological abuse/trauma. It is possible that involvement in this project may benefit you directly by helping to reduce your experience of symptoms associated with bulimia nervosa and posttraumatic stress disorder. Attendance at the psychotherapy sessions will be free of charge and you will be provided with free parking when attending the sessions. Additionally, the insights gained from this research may benefit the wider community by increasing our understanding of psychological treatments for individuals with bulimia nervosa, who have experienced a traumatic event.

**Risks**

In general psychotherapy has minimal negative side effects. There are minimal risks associated with your participation in this project. These include the possibility of distress, worsening of symptoms, minimal improvement or no improvement in symptoms during or following treatment. Research suggests that approximately 10% of clients report feeling worse as a result of therapy (Finch et al., 2001). In the event that you become distressed during the course of treatment, you are advised to inform the provisional psychologist who is delivering the therapy, immediately, so that appropriate precautions can be taken to manage these risks.

Also, to assist in managing these risks, QUT provides for limited free psychology, family therapy or counseling services (face-to-face only) for research participants of QUT projects who may experience discomfort or distress as a result of their participation in the research. Should you wish to access this service please contact the Clinic Receptionist at the QUT Psychology and Counseling Clinic, 44 Musk Avenue, Kelvin Grove, on **3138 0999** (Monday–Friday only, 9am–5pm). Please indicate to the receptionist that you are a research participant. Alternatively, Lifeline provides access to online, phone or face-to-face support. Call **13 11 14** for 24hr telephone crisis support. For young people aged between 5 and 25, you can call the Kids Helpline **1800 551 800**.

Alternatively, the Eating Disorder Association Inc., QLD is a non-profit organization funded by Queensland Health, to provide information, support, referrals and support group services for all people affected by eating disorders in the state of Queensland. They can be contacted on (07) 3394 3661.

**PRIVACY AND Confidentiality**

All comments and responses will be treated confidentially, unless required by law. Please note that non-identifiable data collected in this project may be used as comparative data in future projects or stored on an open access database for secondary analysis.

**Consent to Participate**

We would like to ask you to sign a written consent form (enclosed) to confirm your agreement to participate.

**Questions / further information about the project**

If have any questions or require further information please contact one of the research team members below.

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**Concerns / complaints regarding the conduct of the project**

QUT is committed to research integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the project you may contact the QUT Research Ethics Unit on 07 3138 5123 or email ethicscontact@qut.edu.au. The QUT Research Ethics Unit is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

***Thank you for helping with this research project. Please keep this sheet for your information*.**

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| Queensland University of Technology, Brisbane Australia | **CONSENT FORM FOR QUT RESEARCH PROJECT****– Interview –** |
| **Memory Reconsolidation Therapy for Bulimia Nervosa****QUT Ethics Approval Number xxxxxxxxx** |

**RESEARCH TEAM CONTACTS**

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| Gemma Frost |  | Dr Esben Strodl |  |
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**STATEMENT OF CONSENT**

**By signing below, you are indicating that you:**

* Have read and understood the information document regarding this project.
* Acknowledge that Memory Reconsolidation Therapy is a new type of therapy
* Have had any questions answered to your satisfaction.
* Understand that if you have any additional questions you can contact the research team.
* Understand that you are free to withdraw at any time, without comment or penalty.
* Understand that you can contact the Research Ethics Unit on 07 3138 5123 or email ethicscontact@qut.edu.au if you have concerns about the ethical conduct of the project.
* Understand that non-identifiable data collected in this project may be used as comparative data in future projects.
* Agree to participate in this project and therapy sessions.
* Agree for the assessment interview and therapy sessions to be video recorded or audio recorded.
* Agree for information regarding your treatment to be discussed with your General Practitioner, if necessary.

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| **Name** |  |
| **Signature** |  |
| **Date** |  |  |

***Please return this sheet to the investigator*.**