

A qualitative investigation of the factors influencing the experience and management of eating disorder symptomology during the postpartum period.

Study Summary

You are being invited to take part in a research study exploring women's experiences of the postpartum period (the weeks and months after giving birth), when they have experienced an eating disorder during or prior to the pregnancy. Below is a brief summary of the research. Please scan the QR codes below for further information.

Participation in this research is completely voluntary, and if you do agree to take part, you will be free to withdraw at any time (up until two weeks after your interview), without any further consequences.

➤ ***Who will conduct the research?***

The research will be led by Chantelle Ecob (Trainee Clinical Psychologist) as part of the Doctorate in Clinical Psychology. The research will be supervised by Professor Sarah Peters (Health Psychologist & Senior Lecturer in Psychology), Dr Debbie Smith (Health Psychologist & Lecturer in Psychology) and Dr Zoe Tsivos (Clinical Psychologist).

➤ ***What is the purpose of the research?***

The perinatal period is a particularly difficult time for women who have current or past experience of an eating disorder. We would like to understand more about the weeks and months after giving birth, for women who have had an eating disorder before or during their pregnancy. We hope to identify factors which increased their eating-disorder behaviours, as well as factors which helped them to reduce or manage their eating-disorder behaviours. The purpose of doing this research is to develop knowledge in the area, to improve the support for women in the future.

➤ ***What would I be asked to do if I took part?***

- If you decide you would like to take part, I will contact you over email to check you meet the inclusion criteria and give informed consent to take part.
- I will then ask you to provide some information about yourself including your age, ethnicity and partial postcode. This information is being collected to explore whether these factors have any influence on women's experience.
- We will then meet either face-to-face or over Zoom to talk about your experience of the period after you gave birth.
- We are aiming to interview around 20 women the interviews will last around one hour.
- The interview will be audio recorded and typed up.
- There will be a protocol in place to support your safety and wellbeing during the interview.
- You will be able to request details of the research findings afterwards if you are interested.

Scan to view the full Participant Information sheet, with further details about protecting your privacy and how we will look after the information you give us.



Scan to watch a short video of the researcher describing the research.

