

# TAKE PART IN A RESEARCH STUDY

Exploring the meaning of food  
activities for individuals with lived  
experience of anorexia

You're invited to take part in a PhD research project which aims to explore individuals with lived experience of anorexia and their experiences of food activities in eating disorder treatment and their engagement with food in every-day life.

Food is an important part of treatment in eating disorder care in the UK.

Do you want to improve understanding of food activities in eating disorder treatment?

If you do. This research wants to understand YOUR experiences of food activities in treatment and also your engagement with food in your everyday life.

If you decide to take part, you will be invited to take part in an interview. If we need more time, we can arrange a follow-up interview. These interviews will last for 90 minutes or so and can take place either on Microsoft Teams or Telephone. In these interviews, you'll be asked to discuss your engagement with food and eating on a day-to-day basis and reflect upon your experiences of food activities during eating disorder treatment. To help explain your experiences, you can bring photos to your interview.

To thank you for your participation, you will be given a £5 high street gift voucher.

You can take part if you:

- are over 18,
- you have/have received a label of anorexia,
- you have received eating disorder treatment, for which food activities was a part of this,
- you are based in the UK.

You cannot take part if you have a speech or hearing impairment, if English is not your first language and if you're currently in inpatient care, and you cannot give consent to participate.

Please contact Esther Dark if you would like to take part on:  
[e.dark@brighton.ac.uk](mailto:e.dark@brighton.ac.uk)