



## **PARTICIPANT INVITATION LETTER**

You are being invited to participate in a research study. Before you agree it is important that you understand what your participation would involve. Please take time to read the following information carefully.

### **Who am I?**

My name is Maria Munoz Traver; I am a student in the School of Psychology at the University of East London and I am studying for a BSc Counselling Degree at the University of East London. As part of my studies I am conducting the research you are being invited to participate in.

### **What is the research?**

I am conducting a qualitative exploration of clients with Eating Disorders experience of empathy with their therapist. There will be a 1-hour interview where questions will be asked about length of treatment, and aspects of the relationship individuals with eating disorders find adaptive to recovery. The results will be anonymised, written up and submitted as an Undergraduate dissertation and may be used in publication.

My research has been approved by the School of Psychology Research Ethics Committee. This means that my research follows the standard of research ethics set by the British Psychological Society.

### **Why have you been asked to participate?**

You have been invited to participate in my research as someone who fits the kind of people, I am looking for to help me explore my research topic. I am looking to involve women and men over the age of 18 years, who have had or are in therapy of an eating disorder. You must have had a minimum of 6 counselling sessions with the same counsellor recently to participate.

I emphasise that I am not looking for ‘experts’ on the topic I am studying, and you will not be judged or personally analysed in any way, you will be treated with respect. Please note you are quite free to decide whether to participate and should not feel coerced.

### **What will your participation involve?**

This is a 60-minute online interview study. If you agree to participate, you will receive an invitation to join me for an online research interview on a secure online platform UEL-Microsoft Teams. First, you will be asked to provide informed consent and given an opportunity to ask the researcher any questions before you begin. Following, the interview will commence, this involves three main questions and a series of prompts. The questions are about how long you have been engaged in counselling, your experience of empathy with your counsellor. The interview is an informal chat, and you are not obligated to answer any questions and may leave at any time during the interview. The interview will be one-on-one with the researcher, and they will be audio-recorded for transcription after. I will not be able to pay you for participating in my research, but your participation would be very valuable in helping to develop knowledge and understanding of my research topic.

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### **Your taking part will be safe and confidential**

Names and contact details of participants will be kept in separate files and folders in a password protected personal computer, kept in secure place that only I have access to throughout the study. Your contact details will be destroyed at the end of the research project. You do not have to answer all the questions and you can also stop your participation at any time.

Your information will not be shared with anyone apart from the research supervisor who will only have access to anonymised interview research content.

Data will be kept confidential by changing all identifying references in the research interview transcripts, data analysis and write up of my study. I will use pseudonyms instead of personal names and will also delete names of other persons, names of places, organisations, references to religious or cultural background and occupation, family relationships and other potentially identifying information will also be removed from transcripts, data analysis and the write up process.

### **What will happen to the information that you provide?**

After the end of the research project, anonymised data and consent forms may be kept by the researcher for no longer than 3 years, in a secure place on password protected computer that only the researcher has access to, in order to be used for further analysis towards a published research article/chapter or a future research project. In any other case, this information and data will be destroyed.

### **What I will do with the material you provide will involve**

Data will be kept confidential by changing all identifying references in the research interview transcripts, data analysis and write up of my study. I will use pseudonyms instead of personal names and will also delete names of other persons, names of places, organisations, references to religious or cultural background and occupation, family relationships and other potentially identifying information will also be removed from transcripts, data analysis and the write up process.

After the end of the research project, anonymised data and consent forms may be kept by the researcher and for no longer than three years, in a secure place that only I will have access to, in order to be used for further analysis towards a published research article/chapter or a future research project. In any other case, such contact details and research data will be destroyed.

### **What if you want to withdraw?**

You are free to withdraw from the research study at any time without explanation, disadvantage or consequence, provided the request is made within three weeks of the data being collected (e.g., from the date when your interview took place), after which point the data analysis will begin, and withdrawal will not be possible.

### **Contact Details**

If you would like further information about my research or have any questions or concerns, please do not hesitate to contact me.

Email: [u1817384@uel.ac.uk](mailto:u1817384@uel.ac.uk)

If you have any questions or concerns about how the research has been conducted, please contact the research supervisor Dr. Paul Galbally. School of Psychology, University of East London, Water Lane, London E15 4LZ,

Email: [P.Galbally@uel.ac.uk](mailto:P.Galbally@uel.ac.uk)

**or**

Chair of the School of Psychology Research Ethics Sub-committee: Dr Tim Lomas, School of Psychology, University of East London, Water Lane, London E15 4LZ.

(Email: [t.lomas@uel.ac.uk](mailto:t.lomas@uel.ac.uk))

