



FAQ Sheet for Participants

Q: What exactly does this research involve?

The project will involve collecting longitudinal data via a specially designed app, which is designed to track an individual's compulsive behaviour and related mood and thoughts over time.

Q: What do participants need to do?

Eligible treatment-seeking participants will provide demographic data and complete a set of online questionnaires and an online behavioural task before starting the treatment program.

If they qualify to participate in the research program, they will be invited to participate in a 1-1 zoom call to ensure their suitability for the research and show them how to download and use the app.

If they qualify and wish to participate, they will download the App, which incorporates several clinically validated measures for clients to complete that determine the level /severity of emotional eating and binge eating disorder at the start of the Eating Freely Program.

Participants will be asked to complete these self-reported questionnaires again at the end of their Eating Freely Program and at one year post to track long term changes.

Q: What will the Zoom call entail?

A: The Zoom call is part of the screening procedure. We will be administering a brief diagnostic structured interview to determine what level of binge eating or bulimia participants are experiencing, and ensure participants are eligible and suitable for the research.

In addition to this, we will also be using the Zoom call to show participants how to download the app and start tracking their eating behaviour.

Q: Why do the participants need to state their weight on the questionnaire?

A: We include weight as we are excluding any individuals with a BMI below 18. We are also measuring changes in weight from baseline to follow-up, as this is an important index of change for any interventions that target eating behaviours. Measuring weight will give us a more accurate understanding of our sample.

Our primary goal is measuring change in self-reported eating disorder thoughts, feelings and behaviours.