



Participant Information and Consent Form

Project Title:	Adolescent Body Dysmorphic Disorder
Protocol Number:	52021902627762
Student Investigator:	Cassie Lavell Email: cassie.lavell@students.mq.edu.au
Research Supervisors:	Distinguished Professor Ron Rapee Email: ron.rapee@mq.edu.au Dr Ella Oar Email: ella.oar@mq.edu.au

1. What is the purpose of the study?

This study seeks to examine the factors associated with the development and maintenance of body dysmorphic disorder (BDD) in adolescents (ages 12 to 17 years). BDD refers to a preoccupation with perceived “flaws” in physical appearance. Understanding more about these factors is important for helping us develop more effective treatment approaches.

All adolescents who participate in this study will receive a thorough assessment for BDD and other emotional and behavioural problems. The study will also compare a group of adolescents with BDD to a group of teenagers who have other anxiety problems, and another group who do not have any significant mental health problems (known as a control group).

2. Who is conducting the study?

The study is being conducted by PhD candidate Cassie Lavell, whose research is supervised by Prof. Ron Rapee and Dr Ella Oar within the Department of Psychology, Macquarie University.

3. What does participation in the study involve?

Participation in this study involves attending two assessment sessions via videoconference and completing online questionnaires. More specifically:

1. The study involves a comprehensive diagnostic assessment, conducted as a structured interview with the parent and child via videoconference to determine whether the child meets criteria for BDD and/or other emotional disorders. Based on this interview, we will determine whether this study is suitable for your child.
2. All families who meet inclusion criteria based on the diagnostic assessment will then participate in a task-based assessment session involving (1) two cognitive tests including the Wisconsin Card Sorting Task and the Go/No-Go Task, and (2) three family discussion tasks between the parent and child.
3. Children and their parent/guardian who meet inclusion criteria for the study will also complete online questionnaires. The child questionnaires enquire about their anxiety



and depression levels, body image concerns, daily functioning, perceptions of their parents' parenting styles, and perceptions of their peer relationships. Parent questionnaires will enquire about their child's anxiety and depression levels, daily functioning, and parents' anxiety and depression levels, body image concerns and family history of psychiatric illness.

All assessment sessions will be conducted with the student investigator Cassie Lavell who is a trained clinical psychologist.

4. Participation is voluntary

Your and your child's participation in this study is voluntary and neither you, nor your child is under any obligation to consent to participate in this research. Non-participation will not involve any penalty or affect any future involvement with Macquarie University and the Centre for Emotional Health or Department of Psychology. If you choose to allow your child to participate, he/she may discontinue participation at any time without penalty or without providing an explanation.

Your child may be removed from the study without your consent if:

- Your child does not qualify to be in the study because he/she does not meet the study requirements. Ask the Investigator if you would like more information about this.
- The investigator decides that continuing in the study would be harmful to your child.
- Study assessments have a bad effect on your child.
- The study is cancelled and/or other administrative reasons.

Should you wish to withdraw at any time, or if your child is not eligible to participate, support for children, adolescents and their parents, for wide range of psychological problems, can be sought from:

- Macquarie University Psychology Clinic 02 9850 8000
- Find a Psychologist (APS) www.psychology.org.au/Find-a-Psychologist
- Headspace www.headspace.org.au
- CYMHS QLD 07 3310 9444
- NSW CAMHS 1800 011 511
- South Australia CAMHS 1300 222 647
- Western Australia CAMHS 08 6389 5800
- Tasmania CAMHS 1800 332 388
- Victoria CAMHS www.health.vic.gov.au/mentalhealthservices/child

Treatment services specifically for body image and anxiety problems in adults, children, adolescents, and parents can be sought from:

- Centre for Emotional Health Clinic (Sydney) 02 9850 8711
- BDD and Body Image Clinic (Sydney) 0431 136 523
- Anxiety House (Brisbane) 07 3399 9480
- The Moore Centre (Brisbane) 0468 446 030
- The Talbot Centre (NSW) 02 8814 5703
- Children's Centre for Anxiety & OCD (Gold Coast) 0444 576 966
- Dr Ben Buchanan – Foundation Psychology (VIC) 03 9039 2177



- Lawson Clinical Psychology (Perth)
- Melbourne Wellbeing Group (VIC)
- The Butterfly Foundation

08 6143 4499

03 9882 8874

<https://butterfly.org.au/>

5. Video/Audio Taping

All study appointments will be audio recorded for research purposes. The three family discussion tasks during the second assessment session will be recorded via videoconference software Zoom (<https://zoom.us/>). The audio and videotapes will only be stored on a password-protected university storage drive. Recordings will only be reviewed by the research team and will be deleted at the completion of the trial.

6. What are the possible benefits of taking part?

To thank you for your participation, you will receive a gift voucher of \$30. You and your child will receive an assessment of children's emotional problems and will receive written feedback from this assessment. Participation in the study will also help to improve our understanding of body dysmorphic disorder and anxiety disorders in adolescents.

7. What are the risks of taking part in this research?

Participation in this study may make you and/or your child feel uncomfortable or distressed when they are discussing their worries, fears or problems. However, the assessments are conducted in a safe environment with a trained clinical psychologist. Moreover, children do not have to answer any questions or discuss any topics that make you feel uneasy nor will they ever be asked to do anything they are not prepared to do.

Your participation will take up time, as well as the use of your home internet and computer at your own cost.

8. What will happen when the study ends?

A summary of the overall research findings will be posted on the Macquarie University Centre for Emotional Health Facebook page.

9. What will happen to the information collected about me?

All data from this study will be kept confidential. Any identifying information will be removed and replaced with numerical codes only. The data collected from this research will be reported in general terms only and will not involve identifying information about children who participated.

All online data will be stored on local Australian servers with two exceptions: (1) cognitive test data will be collected and temporarily stored on the PsyToolKit online server, which is located in Europe, and (2) one online questionnaire (the Behavior Rating Inventory of Executive Function; BRIEF) will be stored on the PARIConnect US server. This data is password protected and you will not be asked to provide any identifying information.



For more information about the privacy of you and your child's data, please refer to the university's privacy policy: <https://www.mq.edu.au/about/about-the-university/governance/privacy>.

10. Who has reviewed this study?

This study has been reviewed and given ethical approval by the Macquarie University Human Research Ethics Committee (HREC; Humanities and Social Sciences). This research meets the requirements of the *National Statement on Ethical Conduct in Human Research* (2007) which is available at the following website:

http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/e72.pdf

If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Committee through the Director, Research Ethics (telephone (02) 9850 7854; email ethics@mq.edu.au).

11. Providing written and informed consent

If you agree to participate in this study, as well as allow your child to take part in this study, and your child wants to participate in the study, please complete the attached Consent Form.

Please do not hesitate to contact the student investigator Cassie Lavell at the contact details provided above if you wish to discuss the study in any way.



Child Information Form

Project Title: Adolescent Body Dysmorphic Disorder

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Research Supervisors: Distinguished Professor Ron Rapee
Email: ron.rapee@mq.edu.au

Dr Ella Oar
Email: ella.oar@mq.edu.au

I have been invited to participate in a study at Macquarie University for teenagers who have body dysmorphic disorder (BDD). It has been explained to me in detail what I will have to do as part of being involved in the study. I understand that:

1. I will complete online interviews and questionnaires as part of this study via videocalls.
2. Everything I tell the research team will be kept private (e.g., confidential) and only discussed with my parents and the study team.
3. The only time my information will not be kept private will be if the study team believes there is a risk of harm coming to me or someone else.
4. My participation is voluntary, and I understand that I will not get into trouble if I decide I don't want to take be involved in the study anymore.
5. I understand my sessions will be videotaped and watched by members of the research team.
6. Talking about my fears may make me feel uncomfortable. However, I understand that I do not have to answer questions if I do not want to.



Parent and Child Consent Form

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Research Supervisors: Distinguished Professor Ron Rapee
Email: ron.rapee@mq.edu.au

Dr Ella Oar
Email: ella.oar@mq.edu.au

By signing below, I **confirm that I have read and understood the Information Sheet**, and in particular:

1. I understand that my child and I (parent/guardian) will take part in the “Adolescent Body Dysmorphic Disorder study” at Macquarie University
2. I understand that as part of my child’s participation in the study, I will be asked to complete an online assessment interview relating to my child’s fears and other behaviours via videoconference
3. My child and I will be involved in an online research session where we will complete 3 family discussion tasks and my child will complete 2 cognitive tasks via videoconference
4. My child and I will answer online questionnaires at pre-treatment about their body image, anxiety, depression, and general behaviours; and my anxiety and depression levels, history of psychiatric illness, parenting style, and my own thoughts about body image and appearance
5. I understand that I am able to contact the Chief Investigator’s to clarify any questions about the study
6. I understand my sessions will be recorded and reviewed for reliability purposes by members of the research team
7. I understand the risks involved
8. I understand that there will be direct and indirect benefits to myself and my child from participating
9. I understand that any reports or publications from this study will be reported in general terms and will not include any identifying information
10. I understand that my child’s participation in this study is voluntary and that my child is free to withdraw from the study at any time without consequence



11. I understand that I can contact the Director of Research Ethics, at Macquarie University Human Research Ethics Committee on (telephone (02) 9850 7854; email ethics@mq.edu.au) if I have any concerns about ethical conduct
12. I agree to allow my child to participate in this study
13. My child agrees to participate in this study.

Parent/Guardian's Name: _____
(Block letters)

Parent/Guardian's Signature: _____ Date: _____

Child's Name: _____
(Block letters)

Child's Signature: _____ Date: _____

Investigator's Name: _____
(Block letters)

Investigator's Signature: _____ Date: _____