

## Relationship between compassion and predictors of depression in parents of people with an eating disorder

Name of researcher: Pamela Fox, Trainee Clinical Psychologist

Email: Pamela Fox at [p.p.fox406@canterbury.ac.uk](mailto:p.p.fox406@canterbury.ac.uk)

### What is the purpose of this research?

The purpose of this research is to explore the wellbeing of parent's of a loved one with an eating disorder and see if there are certain experiences you might have as a carer that may contribute to depressed mood. This will help develop a greater understanding of the needs of carers and help develop interventions focussed on supporting carer wellbeing.

### Who can take part?

You can take part in this study if you are a parent of someone with an eating disorder. You also must be over 18 years of age and have a good understanding of written English.

### What does the study involve?

The study will involve completing six questionnaires on an online platform. This will take approximately 30-35 minutes. The questionnaires will ask you about different aspects of your mood and thoughts about yourself. You will also be asked to provide some general information about yourself.

As a thank you, you will be given the opportunity to enter into a prize draw to win one of two £50 amazon vouchers.

### How can you take part?

To read further information about the study please follow the link ([https://cccusocialsciences.az1.qualtrics.com/jfe/form/SV\\_6sPalN4b2uJOZtX](https://cccusocialsciences.az1.qualtrics.com/jfe/form/SV_6sPalN4b2uJOZtX)). This link will also guide you to the study page if you wish to take part. If you have any questions about the study, please contact Pamela Fox at [p.p.fox406@canterbury.ac.uk](mailto:p.p.fox406@canterbury.ac.uk).