

VICTORIA UNIVERSITY HUMAN RESEARCH ETHICS COMMITTEE

Application for Approval of Project Involving Human Participants in Victoria University

REGISTER NUMBER (office use only) :

HRETH _____

INFORMATION FOR APPLICANTS

1. Applicants are advised to follow the *Guidelines for Applications* prior to submitting *Application for Approval*. Applicants are to forward **a)** Twelve (12) hard copy applications (including one original copy)* with any accompanying documentation to your Faculty Ethics Officer **and b)** an electronic application to your Faculty Ethics Officer. **Note:** *Non Minimum Risk applications* may be forwarded directly to the Secretary, Victoria University Human Research Ethics Committee (researchethics@vu.edu.au).
 2. A *Consent Form for Participants Involved in Research* template and *Information for Participants* template is also available on-line.
 3. The above documents are located at: <http://research.vu.edu.au/hrec.php>
- * *Applications to be considered at the Faculty of Business & Law need to submit one original hard copy application.*

YOU ARE REMINDED THAT THIS PROJECT MUST NOT COMMENCE WITHOUT PRIOR WRITTEN APPROVAL FROM THE APPROPRIATE HUMAN RESEARCH ETHICS COMMITTEE.

Please Note:

- Ethics approval will not be finalised until electronic & hard copy applications and copies of all necessary materials have been received by the Secretary of the relevant Human Research Ethics Committee.
- This application form is included in the Human Research Register. If your project includes information of a commercial or patentable nature, this information should be sent separately and marked as confidential.
- If an institution other than Victoria University is to be involved in the project, please provide this information and evidence of ethics approval from the other institution with this application.
- Research projects undertaken by individuals who are not staff members of VU that require access to a cohort of VU staff or students for research must be ‘sponsored’ by a member of VU staff who will take responsibility for all interactions with the University and the HREC. A copy of the approved project and approval letter must be forwarded to the Ethics & Biosafety Administration Group.
- If sufficient space is not available on the form for your answer/s, please attach additional page/s.
- Ensure **all questions** are appropriately answered and the hardcopy application is **authorised** by appropriate staff (Applications will not be processed without the appropriate authorisation).
- To avoid unnecessary delays, please ensure your full application (both hard copies and soft copy application) has been received by the relevant Human Research Ethics Committee submission date. Refer to University/Faculty *Committee Meeting Dates* at <http://research.vu.edu.au/hrec.php>

University & Faculty Forwarding Details:

| Victoria University Human Research Ethics | Faculty Human Research Ethics Contacts |
|--|---|
| <p><u>Send electronic applications to:</u> E-mail address: researchethics@vu.edu.au</p> <p><u>Hard copy applications to be delivered to:</u> Ethics Secretary, Victoria University Human Research Ethics Committee Office for Research</p> | <p><u>Send electronic applications to:</u> Faculty of Arts Education & Human Development: AEHDEthics@vu.edu.au Faculty of Business & Law: BLEthics@vu.edu.au Faculty of Health Engineering & Science: HESEthics@vu.edu.au</p> <p><u>Hard copy applications to be delivered:</u> Faculty Ethics Officer <i>Nominated</i> Faculty Human Research Ethics Committee Office for Research</p> |

| | |
|---|---|
| Victoria University PO Box 14428, Melbourne VIC 8001 Or deliver in person to the Ethics & Biosafety Administration Group located within the Office for Research at Building C, Room 302, Footscray Park campus. | Victoria University PO Box 14428, Melbourne VIC 8001 Or deliver in person to the Ethics & Biosafety Administration Group located within the Office for Research at Building C, Room 302, Footscray Park campus. |
| For Further Information: Web: http://research.vu.edu.au/hrec.php | Telephone: 9919 4148 or your Faculty Ethics Officer |

I attach a proposal for a project involving human participants for the purposes specified on the attached sheets.

Note: The Human Research Ethics Committee normally grants approval for periods of up to two years, subject to annual review. Consideration will be given to granting approval for a longer period in certain circumstances. Applications for extension of approval should be lodged prior to expiry of existing approval.

1. Project Title:

Body image, eating behaviours and weight management in male and female Dancesport competitors

2. Principal Investigator/s:

(Projects to be undertaken by students should list the Supervisor as the Principal Investigator)

| Title | First Name | Surname | School/Centre | Phone Number | Mobile Number | VU E-Mail Address |
|-------|------------|---------|--------------------------|--------------|---------------|-------------------------|
| Dr | Harriet | Speed | Sport & Exercise Science | 99195412 | 0409150559 | Harriet.speed@vu.edu.au |
| | | | | | | |

3. (a) Associate Investigator/s and/or Co-Investigator/s:

(Please insert additional lines & information if there is more than one)

| Title | First Name | Surname | School/Centre | Phone Number | Mobile Number | E-Mail Address |
|-------|------------|---------|---------------|--------------|---------------|----------------|
| | | | | | | |

3. (b) VU Sponsor:

(For applications for research involving participants from individuals who are not staff members of VU. Please refer to declaration page for further details and signature)

| Title | First Name | Surname | School/Centre | Phone Number | Mobile Number | VU E-Mail Address |
|-------|------------|---------|---------------|--------------|---------------|-------------------|
| | | | | | | |

4. Student Project

(Please insert additional lines & information if required)

4.1. Is the application part of a student project? Yes

4.2. If YES, select the appropriate tick box:

PhD Masters by Research Honours
 Postgraduate Coursework Undergraduate (not honours)

▪ Has this research project been approved by the Postgraduate Research Committee?
 Yes No

Student details

| Title | First Name | Surname | School/Centre | Student Number | Phone Number | VU E-Mail Address |
|-------|------------|---------|---------------|----------------|--------------|-----------------------|
| Ms | Natalie | Kyan | Psychology | 3808496 | 0406265125 | natalie.kyan@vu.edu.a |

- Is the student currently enrolled at Victoria University? Yes No

5. Type of Project:

(please select Yes or No to the following questions)

5.1. Type of Program

- (a) Is application for a higher degree program? Yes No

- (b) Is this application for a pilot program of a higher degree? Yes No

[If yes, please note that a second application will be required for the full program]

- (c) Is application for an honours program of an undergraduate degree? Yes No

If yes, please indicate semester dates: _____

- (d) Other student project? Please specify _____

5.2. Funded Program

- (a) Is application for a funded research program? Yes No

If yes, please indicate source of funding: _____

- (b) Do you require ethical approval prior to funding being granted? Yes No

*If yes, **attach** any necessary forms to be completed by the Ethics Committee and indicate **grant closing date**.*

Date: _____

5.3. Intrusiveness of Project

(please select Yes or No to the following questions)

- a) Uses physically intrusive techniques Yes No

- b) Causes discomfort in participants beyond normal levels of inconvenience Yes No

- c) Examines potentially sensitive or contentious areas Yes No

- d) Uses therapeutic techniques Yes No

- e) Seeks disclosure of information which may be prejudicial to participants Yes No

- f) Uses ionising radiation Yes No
- g) Uses of personal information obtained from a Commonwealth department or agency Yes No
- I. If YES, and the project is not medical research, does the research meet the Guidelines under Section 95 of the Privacy Act 1988? Yes No
- II. If YES, and the project is medical research (including epidemiological research) does the research meet the Guidelines under Section 95A of the Privacy Act 1988? Yes No
- h) Clinical trial Yes No
 (A clinical trial is a study involving humans to find out whether an intervention, including treatments or diagnostic procedures, which it is believed may improve a person's health, actually does so. A clinical trial can involve testing a drug, a surgical or other therapeutic or preventive procedure, or a *therapeutic, preventive or diagnostic device or service*. Any *intervention, including so-called "natural" therapies and other forms of complementary medicine, can be tested in this way*).
- i) Research focuses on Aboriginal and/or Torres Strait Islander Peoples Yes No
 o If YES, does the project involve health research? Yes No
- j) Involves potentially vulnerable groups (eg children, people in dependent/unequal relationships, highly dependent on medical care, cognitive impairment or intellectual disability, may be involved in illegal activities) Yes No
 If YES, please provide additional detail:

- a) Involves deception or covert observation Yes No
 If YES, please provide additional rationale:

Note: If you have ticked “YES” to any of the items g to k, please forward your ethics application to the Secretary, Victoria University Human Research Ethics Committee (VUHREC). Note that Faculty HREC submission deadlines differ to that of the VUHREC, and this may impact on your project’s timelines.

6. Aim of project:

(In brief terms, state the aims and the expected benefits of the project in no more than 250 words)

The specific aims of the research are:

- To explore the physical self-perceptions (e.g. body image dissatisfaction, perceived physical attractiveness and physical self worth) of male and female ballroom dancers competing at the elite levels of DanceSport.
- To compare patterns of eating and weight control behaviours of DanceSport competitors to that found in the literature for Ballet dancers and athletes from aesthetic sports (in particular, figure skaters, gymnasts and divers).
- To reveal any differences that may exist between male and female DanceSport competitors, in terms of current physical self-perceptions, eating and weight control behaviours.

7. Plain language statement of project:

(Provide a brief summary of the project [not more than 2 pages] outlining the broad aims, background, key questions, research design/approach and the participants in the project. Include a theoretical background or context of the research. If there are multiple participant groups or interventions/phases, please specify relevant information for each. Please make sure implications associated with multiple groups/phases is addressed throughout the application. It is recognised that in some areas of research, it may be appropriate that this statement is repeated elsewhere in this

application form, and that it may comprise part of your response to questions 6, 8, 15, 16 and 17. This section is to be stated in simple language and any terms or jargon must be accompanied by explanation).

Dancers have been shown to be at increased risk of developing unhealthy eating patterns, troubled attitudes regarding body image and in some cases clinical eating disorders (Abraham, 1996; Hamilton, Brookes-Gunn & Warren, 1985). A focus on maintaining an ideal body composition leaves dancers vulnerable to developing unhealthy attitudes towards food and their own bodies. Training in front of mirrors and a constant focus on how the body “looks” has also been shown to have a negative influence on the levels of body satisfaction among dancers (Radell, Adame & Cole, 2004; Dearborn, Harring, Young & O’Rourke, 2006).

Much of the research to date has explored body image and weight management in female Ballet dancers. Like many forms of dance, DanceSport blurs the lines between art and athleticism. To date, however, there have been few research studies into Dancesport, and none that have explored the influence of DanceSport participation and the DanceSport environment on the physical self-perceptions and weight control practices of the dance competitors.

This research aims to explore and describe physical self-perceptions, weight management techniques and eating behaviours in DanceSport competition dancers, in an effort to compare behavioural and attitudinal patterns with those typically found in Ballet dancers and athletes from other aesthetic sports (e.g. diving, gymnastics). In addition, the research will examine differences between male and female DanceSport competitors.

Flyers notifying potential participants of an online questionnaire will be distributed (in person) to DanceSport competitors currently competing in Australia. Six to eight dancers, who participate in the questionnaire study, will be invited to participate in an in-depth, interview with the researcher to explore further the key issues identified from the questionnaire data.

The research will yield important information to assist in understanding dancers’ perceptions of body image as well as weight management techniques and variations of eating behaviours that exist within the world of DanceSport, a sport growing in popularity and soon to be added to Olympic competition for the London Olympic Games in 2012.

8. Nature of research, including methodology and a list of all procedures to be used on human participants. Please include a statistical power analysis statement if applicable.

Participants and Procedures

Questionnaires:

All DanceSport couples registered with the Australian Dancing Society (ADS) and who are competing in the ADS Victorian DanceSport Championship being held at the Melbourne Town Hall in Melbourne, 24 April, 2010 will be handed a flyer (see attachment) notifying potential participants of the research by the research student at the competition and verbally briefed about the research and invited to participate. The flyer will provide brief details about the research and indicate the website address for the questionnaire. The flyer will also be advertised on the ADS website and in ADS newsletters sent out to ADS membership in order to recruit participants in States other than Victoria. Dancers will be informed that if they are interested in taking part in the research, they are requested to complete the questionnaires online in their own time. The questionnaires will take approximately 30-45 minutes to complete. Dancers will also be informed that return of the completed questionnaires will be taken as having given informed consent to participate in the research. As dancers will be at the championship for the purpose of competing, the research student will be sensitive to the time at which dancers are approached so as to ensure that dancers are not interrupted during their competition preparation. The ADS has given permission for the research student to distribute flyers during the DanceSport championship and written approval will be forwarded to the VUHREC upon receipt. It is difficult to determine how many competitors will return the completed questionnaires, but it is hoped that by notifying potential participants (N ~ 200) in person about the research at least 40-50 questionnaire returns will result, comprising roughly equal numbers of male and female competitors.

At the end of the online questionnaire will be an invitation for dancers to participate in face-to-face or phone interviews with the research student at a later date. Those interested in being involved in an interview will be asked to provide their name and phone contact number which will be forwarded to the researchers with the questionnaire. Questionnaires will

be anonymous for those participants who complete the questionnaire but choose not to participate in the interview. As it will be necessary to view the completed questionnaires of those participants who do wish to participate in the interview, for participant selection (see below), it is not possible to maintain anonymity for these participants. Participants will be informed that this is the case in the Information to Participants form. Note, however, that the participant contact details and their corresponding questionnaire responses will be coded and stored separately so that only the researchers will be able to link a participant with their completed questionnaire. It is anticipated that an additional 40-50 completed questionnaires will be returned to researchers from the mail-out.

Questionnaires

The questionnaires to be included in the on-line package include:

Eating Attitudes Test (EAT): The EAT-26 (Garner et al., 1982) is a 26 item, self-report questionnaire that consists of three subscales that examine: (1) dieting, which explores the preoccupation to be thinner and avoidance of fattening foods; (2) bulimia and food preoccupation, which measures behaviours and thoughts about food and bulimia such as binge eating and purging; and (3) oral control, which measures self-control around food and the perceived pressure from others to gain weight (Garner et al, 1982). Participants rate items such as “I am terrified about being overweight” and “I feel that food controls my life”. All 26 items will be scored on a 6-point Likert-type scale from 1 (never) to 6 (always), and subscale scores are calculated by summing the item scores that are appropriate to each scale. Note: when using the EAT-26 for clinical assessment purposes, response categories for each item are scored from 0 to 3, with the categories ‘never’, ‘rarely’ and ‘sometimes’ each receiving a score of 0, and the categories ‘often’, ‘very often’ and ‘always’ being assigned scores of 1, 2 and 3, respectively (Garner et al., 1982). In the present study, which does not use the EAT-26 for clinical purposes, the scoring system of Siever (1994) and Tiggemann and Slater (2001) will be used. In this system, the response categories are scored progressively from 1 (never) to 6 (always). The Total EAT score and Subscale scores are obtained by summing responses for corresponding items. The higher the total and/or subscale scores, the greater the disturbance in associated perceptions, attitudes or behaviours.

Eating Disorder Inventory (EDI) -2: The EDI-2 (Garner, 1991) is a 91 item, self-report questionnaire that identifies symptoms commonly associated with anorexia nervosa and bulimia nervosa, while assessing attitudes and behaviours concerning eating, weight and shape, as well as psychological traits clinically relevant to eating disorders. All items are scored on a 6-point Likert-type scale from 1 (never) to 6 (always), and subscale scores are calculated by summing the item scores that are appropriate to each scale. As with the EAT-26 scoring, the higher the total and/or subscale scores, the greater the disturbance.

Physical Self-Description Questionnaire (PSDQ): The PSDQ (Marsh, Richards, Johnson, Roche, & Tremayne, 1994) is a 70 item self-report questionnaire that assesses participants’ physical self-concept from a multidimensional, hierarchical perspective on the following 11 subscales: Strength, Body Fat, Activity, Endurance/Fitness, Sports Competence, Coordination, Health, Appearance, Flexibility, Global Physical Self-Concept, and Global Esteem. Participants rate items such as “My waist is too large” and “Physically, I am happy with myself” on a 6-point Likert-type scale where false = 1, mostly false = 2, more false than true = 3, more true than false = 4, mostly true = 5, and true = 6. Subscale scores are calculated by summing the item scores that are appropriate to each scale. The higher the subscale scores, the more positive are the participants’ self-perceptions on the respective subscale factors.

The EAT-26, EDI and PSDQ are all commonly used psychological research tools (the EAT-26 and EDI are also clinical diagnostic tools) with good reliability and validity.

Demographic details (see appendix 1): Participants will also be requested to provide general information regarding age, gender, weight and height (to determine current body mass index – [weight in kg/height in m]²), characteristics of their dance career (DanceSport background, length of career, age which they started, previous dance history).

On-line questionnaires

The questionnaires have been constructed as a single online survey using the *Qualtrics Online Survey Tool* and stored with password protection on the VU Faculty of AEHD Qualtrics site. A copy of the survey is available for viewing at http://vuaehd.qualtrics.com/SE?SID=SV_00moObVcwcbsSPGY&SVID=Prod. Participants can access the site from any computer and complete the questionnaire in their own time. The responses of participants are loaded directly into an Excel database that is accessible only by the researchers. No identifying information is available to the researchers unless participants’ name and contact details are provided by the respondent to indicate

their interest in participating in an interview. The *Qualtrics Online Survey Tool* is similar to *SurveyMonkey*, with the exception that data and any information about participants are available to the researchers only – no information is available to Qualtrics personnel. In addition, Qualtrics has a strict code of conduct to further ensure the confidentiality of researchers' questionnaires and data.

Interviews

Approximately 6-8 dancers (male and female) who return the questionnaire and indicate an interest to participate in an interview with the research student will be contacted by phone to organise an interview time and location (at VU or other suitable location as indicated by the participant, e.g., participant's home). Interviews will be conducted either face-to-face or via phone (if preferred by the participant). Participants to be interviewed will be mailed an Information to Participants form and Consent form, and requested to return the signed consent form to the researchers in a reply paid envelope (for phone interviews) or to bring it with them to the interview.

Selection of the interview participants will be based on their responses to questionnaires, and will include 3-4 dancers who are identified by the research team as having a healthy body image and approach to weight management at the time of the study, and 3-4 dancers who are identified as having a moderate-high level of body dissatisfaction and engaging in disordered eating and weight management behaviours, as determined by questionnaire responses. It is hoped that both male and female dancers will be interviewed.

At the beginning of the interview, the participant will be given the opportunity to ask any questions regarding the interview topics and procedures, and the treatment of their data.

The interviews will focus four main areas:

- Participants' current perceptions and behaviours related to physical appearance, eating behaviours and weight management;
- Participants' experiences and perceptions of DanceSport and the ways that these experiences and the DanceSport environment may have an effect on body image, self-objectification, and attitudes towards dieting and weight management;
- Participants' perceptions of the role and importance that physical appearance plays in DanceSport competition; and
- Participants' experiences in DanceSport related to the techniques they use to create aesthetic appeal in order to attract positive attention from the judges, and how participants perceive this aesthetic appeal may influence self-perceptions and behaviours.

Participants will also be invited to provide information about the demands of their dance career (e.g., in terms of how the dance environment influences their self-perceptions and behaviours), and will be able to submit additional information that they consider is related to topics covered in the interview. The interviews will be semi-structured and expected to be of approximately 1 hour duration. The sessions will be audio-taped so as to enable transcription and later content analysis for identification of common themes emerged during the interview.

Data Analysis

Stage 1: Descriptive summary statistics (frequencies, means, standard deviations) of demographic variables and specific items in the questionnaires will be calculated using a computer-based statistical package. Subscale scores will be calculated for the EAT-26, EDI-2 and PDSQ in order to compare male and females, using t-tests and where appropriate MANOVA procedures. Where available the general patterns in the data will also be compared against published data relating to body image, physical self-perceptions and eating behaviours of classical ballet dancers and athletes in aesthetic sports. In addition, effect sizes will be calculated to determine the magnitude of differences observed.

Stage 2: Each tape-recorded interview will be transcribed and content analysed independently by both members of the research team to draw out responses to targeted issues as covered in the interview. The data will then be coded to identify common themes relating to males and females separately.

9. Description of those techniques which are considered by the profession to be established and accepted. Please give details of support for their application.

(If, in the course of your research, procedures are significantly varied from those stated here, the Human Research Ethics Committee must be informed).

The EAT-26, EDI-2 and PSDQ have all been used extensively in previous research and have undergone rigorous psychometric testing. (see, for example, Garner et al., 1982; Garner, 1991; Marsh, Richards, Johnson, Roche, & Tremayne, 1994).

10. Proposed start and end date of project:

(Note: new research projects may not commence prior to approval by the Human Research Ethics Committee).

| | | | |
|-----------------------------|------------|---------------------------|------------|
| Proposed start date: | 01/12/2009 | Proposed end date: | 30/11/2011 |
|-----------------------------|------------|---------------------------|------------|

11. Details of participants:

| Name of Phase/Group | Questionnaires female dancers | Questionnaires male dancers | Interviews |
|------------------------|----------------------------------|--------------------------------|---------------------------------------|
| Number of Participants | n = 40-50 | n = 40-50 | n = 6-8 |
| Type | Female DanceSport competitors | Male DanceSport competitors | Female or Male DanceSport competitors |
| Age Range | 18+ years | 18+ years | 18+ years |

12. Source of participants

(specify for each group/phase if relevant), and means by which participants are to be recruited)

Questionnaires:

All DanceSport couples registered with the Australian Dancing Society (ADS) and who are competing in the ADS Victorian DanceSport Championship being held at the Melbourne Town Hall in Melbourne, 24 April, 2010 will be handed a flyer (see attachment) notifying potential participants of the research by the research student at the competition and verbally briefed about the research and invited to participate. The flyer will provide brief details about the research and indicate the website address for the questionnaire. The flyer will also be advertised on the ADS website and in ADS newsletters sent out to ADS membership in order to recruit participants in States other than Victoria. Dancers will be informed that if they are interested in taking part in the research, they are requested to complete the questionnaires online in their own time. The questionnaires will take approximately 30-45 minutes to complete. Dancers will also be informed that return of the completed questionnaires will be taken as having given informed consent to participate in the research. As dancers will be at the championship for the purpose of competing, the research student will be sensitive to the time at which dancers are approached so as to ensure that dancers are not interrupted during their competition preparation. The ADS has given permission for the research student to distribute flyers during the DanceSport championship and written approval will be forwarded to the VUHREC upon receipt. It is difficult to determine how many competitors will return the completed questionnaires, but it is hoped that by notifying potential participants (N ~ 200) in person about the research at least 40-50 questionnaire returns will result, comprising roughly equal numbers of male and female competitors.

Interviews:

Approximately 6-8 dancers (male and female) who respond to the online questionnaire and indicate an interest to participate in an interview with the research student (by completing a separate form at the end of the questionnaire that requests participants' contact information) will be contacted by phone to organise an interview time and location (at VU or other suitable location as indicated by the participant, e.g., participant's home). Interviews will be conducted either face-to-face or via phone (if preferred by the participant). Participants to be interviewed will be mailed an Information to Participants form and Consent form, and requested to return the signed consent form to the researchers in a reply paid envelope (for phone interviews) or to bring it with them to the interview.

Selection of the interview participants will be based on their responses to questionnaires, and will include 3-4 dancers who are identified by the research team as having a healthy body image and approach to weight management at the time of the study, and 3-4 dancers who are identified as having a moderate-high level of body dissatisfaction and

engaging in disordered eating and weight management behaviours, as determined by questionnaire responses. It is hoped that both male and female dancers will be interviewed.

13. Is there any payment of participants proposed: Yes No

- If yes, state the amount:
- Provide rationale for payment and the amount:
- Describe the financial controls applicable to the program:

14. Premises on which project is to be conducted:

If using an institution/s other than Victoria University, attach a copy of documents giving approval to use participants or premises in the relevant institution/s.

Distribution of flyers informing potential participants about the research and with a web link to the on-line survey will take place at the Victorian DanceSport Championships to be held at the Melbourne Town Hall, Melbourne, 24 April, 2010. The flyer will also be advertised on the ADS website and in ADS newsletters sent out to ADS membership in order to recruit participants in States other than Victoria.

Questionnaires will be completed online by participants in their own time and data will be sent directly to the researchers.

Interviews to be conducted by phone at VU or face-to-face with participants at a location preferred by the participant (e.g., participant's home or at VU).

15. Dealing with potential risks (for each phase/group where applicable):

- (a) *Indicate any **physical risks** connected with the proposed procedures*
The study poses no identifiable physical risks
- (b) *Indicate any **psychological risks** connected with the proposed procedures*
In the questionnaire and in the interview, dancers will be asked to recall their current and past physical self perceptions, and eating and weight control behaviours. It is possible that some participants may become distressed or concerned about the questions posed, or in responding to those questions. Responding to questions about eating behaviours and physical self-perceptions may also lead some participants to have concerns about whether their behaviours/perceptions are considered to be normal or disordered.
- (c) *Indicate any **social risks** connected with the proposed procedures*
The research poses no identifiable social risk greater than that which participants are exposed to in every day life.
- (d) *Indicate any **legal risks** connected with the proposed procedures*
The study poses no identifiable legal risks.
- (e) *Indicate if there are any **other risks** connected with the proposed procedures*
There are no other identifiable risks to participants.

(f) *Management of the potential risks identified above- indicate how each of these potential risks will be minimised and/or managed if they occur (if risks have not been identified in 15 a – e, go to item 16).*

(i) how risks are to be minimised:

All participants will be provided with a plain language statement that describes what their participation in the study will involve, and will be informed that their participation is voluntary, and that they may withdraw at any time without the need for any explanation.

It is possible that participants may become distressed or concerned about the questions posed, therefore, participants will be given contact details of a registered psychologist who is aware of the research (Dr. Mark Andersen), and informed that they can contact the psychologist directly should they wish to discuss any issues or concerns raised by the questionnaires or the interviews.

Given the possibility that a participant may become distressed during an interview, the researcher will verbally explain to participants prior to commencement of the interview the nature of issues to be addressed in the interview, the strict confidentiality of responses, and that responses vary between individuals and that there are no correct or incorrect answers.

Participants will have the opportunity to ask questions regarding the interview.

Participants will be debriefed after completion of the interview allowing the opportunity for further questions.

All participants will be given website addresses of Victorian community-based organisations/agencies related to eating disorders and general mental health issues at the end of the Information to Participants form and encouraged to view one or more websites if they have any concerns about the topics raised in the questionnaires/interviews or wish to seek further information about the topics.

(ii) how adverse events would be managed if they were to occur:

If a participant becomes anxious or distressed during the course of the interview, she/he will be given the opportunity to take a break before continuing, or to stop the interview. The research student has counselling experience and although she will not engage in any counselling with a participant, she will be sensitive in conducting the interview and to the responses of participants. She will also remind participants of the website addresses provided in the Information to Participants form.

All participants will receive the contact details of Prof. Mark Andersen, a registered psychologist in Victoria. Prof. Andersen is aware of the research aims and methods and will be available to speak to any participant, who wishes to discuss any issue raised during, or resulting from, the questionnaires and/or the interviews. This counselling service will be free of any charges to the participant and contact details will be provided to participants in the Information to Participants form.

(g) *If you consider there to be no potential risks, explain fully why no potential risks have been identified.*
Not applicable.

16. If you consider the participants to be ‘at risk’, give your assessment of how the potential benefits to the participants or contributions to the general body of knowledge would outweigh the risks.

Previous research has shown that dance performers of a range of dance forms (particularly ballet) and athletes in aesthetic sports (e.g. diving, gymnastics) are at increased risk of developing disordered self-perceptions and eating behaviours relative to the general population. This is particularly the case for female dancers and athletes. Currently, there exists little or no documented evidence as to the experiences, perceptions and behaviours of competitive DanceSport dancers, with regard to physical self-perceptions and eating/weight management behaviours. The benefits of the proposed research include:

- 1) an improved understanding of the physical and psychological quality of life of dancers involved in the competitive DanceSport environment;
- 2) an increased awareness by key stakeholders in the professional dance industry of the experiences of DanceSport competitors and factors which may influence their psychological and physical health, particularly as it relates to their body image and eating behaviours; and

3) the potential improvement of psychological services made available to competitive dancers having difficulty managing body weight and developing or maintaining positive self-perceptions.

In addition, participants may benefit directly from responding to issues raised in the questionnaire/interview through increased self-awareness and exploration.

17. Informed Consent (If materials are to be distributed in languages other than English, a copy of non-English version and a letter from an independent person verifying accuracy of content is required):

(a) *As part of the informed consent process, it is necessary to provide information to participants prior to obtaining consent. Please attach a copy of your **'Information to Participants Involved in Research' Letter** [See <http://research.vu.edu.au/hrec.php> for a template] with information about your research that you intend to give to potential participants. This needs to:*

- *state briefly the aims, procedures involved and the nature of the project, including a clear indication of any potential risks associated with this project;*
- *if you consider participants to be 'at risk' (see Question 16), state exactly what the researcher will communicate to the participant (this must be stated in clear and concise language) in order to obtain informed consent. This must be in a written format that is given to the participant particularly for this purpose; and*
- *be written in language which may readily be understood by members of the general public, with explanation of any technical terms.*

See appendix 2

(b) *Please attach a copy of your **Consent form** [See <http://research.vu.edu.au/hrec.php> for a template consent form.]*

See appendix 3

(c) *State the process you will use to obtain documentation of informed consent hereunder... (It is essential to clearly detail the steps involved in obtaining informed consent. It is recommended that a procedure or flow chart be attached as an appendix commencing from the recruitment stage to consent taking into consideration issues such as communications and awareness of recruitment, provision for considering participation, etc.)*

A Questionnaire package will be available to participants online. The package will contain the questionnaires and Information to Participants form, and invitation to participate in an interview with the researchers. The letter will explain the completion and return of the online questionnaire will constitute evidence of the participants' informed consent.

At the beginning of the interview sessions, participants will be provided with a brief introduction to the study, information about what to expect during the interview process and the measures which will be taken to protect participants' confidentiality. Participants will be required to sign a consent form before the interview commences and will be given opportunities to ask questions before and after the interview.

18. Confidentiality:

(a) *Describe the procedures you will adopt to ensure confidentiality.*

Questionnaires will be anonymous for those participants who complete the questionnaire but choose not to participate in the interview. As it will be necessary to view the completed questionnaires of those participants who do wish to participate in the interview, it will not be possible to maintain anonymity for these participants. Participants will be informed that this is the case in the Information to Participants form. Participant contact details and their corresponding completed questionnaires will be coded and stored separately so that only the researchers will be able to link a participant with their completed questionnaire.

In addition, questionnaire responses will only be reported as group data and summary descriptives. Pseudonyms will be used to protect the identities of interviewees, both in interview transcripts and in any reporting of the data. Interview data will also be screened to ensure that no personally identifiable information is reported.

- (b) *Indicate who will be responsible for the security of confidential data, including consent forms, collected in the course of the research. (Note: the Principal Investigator should be nominated as the responsible person in this section. An alternative person may be nominated with clear justification)*

Dr. Harriet Speed will retain any completed consent forms, as well as all questionnaires and transcripts, in a locked cabinet at her office at VU Footscray Park campus.

- (c) *Indicate the period for which the data will be held. (Data must be held for at least 5 years post-publication. Please refer to section 3.2 of the University's **Code of Conduct for Research, 1995**).*

The data will be retained for a period of five years after the completion of the student's thesis or publication of journal manuscript.

- (d) *Name all people who will be granted access to the data and the reason for the access. People identified are required to maintain all aspects of confidentiality.*

Dr. Harriet Speed and Natalie Kyan will be the only persons with access to the data, for reasons of data entry, coding, analysis and interpretation.

19. Privacy:

- (a) *Does this project involve the use of personal information obtained from a Commonwealth department or agency?*

Yes No

If YES you may need to comply with the requirements of the Privacy Act 1988.

Under the Commonwealth Privacy Act 1988 disclosure of personal information by Commonwealth agencies is not permitted except in a number of circumstances specified in Information Privacy Principle (IPP) II. These include consent by the individual concerned. Where consent has not been given, and where none of the other circumstances specified in IPP II apply, additional guidelines for consideration of the project application and for conduct of research apply. Note that the Act does not apply to publicly available material (such as electoral rolls).

If a Commonwealth agency (for instance, the Australian Bureau of Statistics, Commonwealth Government departments, Australian Electoral Commission, most Repatriation Hospitals) is involved in the collection, storage, security, access, amendment, use or disclosure of personal information for a research project investigators must ensure that the project complies with the requirements of the Act.

20. Conflict of interest

Is there a conflict of interest between any of the researchers and potential participants in the research (i.e due to a relationship between researcher and participant population)?

Yes No

If yes, provide details and ensure that the conflict is identified and addressed in Section 15.

21. Research in other countries.

Is any part of the program to be conducted in another country?

Yes No

If yes, please provide information about any relevant legal or regulatory requirements and any ethical review processes in that other country.

22 Is approval required for data collection from other organisations? If so, please provide information of consent process (attach evidence of approval/s)

Yes. Approval is required from the Australian Dancing Society (ADS) in order for the research student to attend the ADS DanceSport Championship in Melbourne, and to obtain the labels with the contact details of dancers registered with the ADS for the mail-out. A letter of approval for both will be forwarded to the VUHREC upon receipt.

23. Collaborative program

Does the program involve collaboration with another institution? Yes No

If YES, please describe the arrangements with the other institution/s for managing the program including, if appropriate, confidentiality, intellectual property, ethics and safety clearances, reporting to appropriate agencies and the dissemination of research findings.

24 Other relevant comments (including information that you deem necessary to inform the HREC that may impact on the project)

Several studies examining issues of body image and eating behaviours in dancers and athletes from aesthetic sports have previously received ethical approval (Navada, 2003; Searle, 2007). The sensitivity of the subject matter, the methodology and the procedures to protect the privacy and confidentiality as well as minimise risk to participants in the proposed research are all similar to those of previous studies.

25. Application Review Check list

A completed and signed *Application Review Check List* must be submitted with all applications. A copy may be downloaded from the Victoria University Human research ethics webpage at: <http://research.vu.edu.au/hrec.php>

Important: Attach Application Review Form on cover

Has the Principal Investigator completed and signed the Application Review Form?

Yes No

Is the Application Review Form attached with a hard copy of this application?

Yes No

DECLARATION FORM

I, the undersigned, have read the current NH&MRC Statement on Human Experimentation and the relevant Supplementary Notes to this Statement, or Code of Ethics for the Australian Psychological Society, (or *) and accept responsibility for the conduct of the experimental and research procedures detailed above in accordance with the principles contained in the Statement and any other condition laid down by the Human Research Ethics Committee.

Principal Investigator (1) Print Name: Harriet Speed

Signature _____ Date 20/04/2010

Principal Investigator (2) Print Name: _____

Signature _____ Date _____

Associate Investigator ** Print Name: _____

Signature _____ Date _____

VU Sponsor ***

Print Name: _____

Signature _____ Date _____

Student/s Details (If the project is to be undertaken by a student, please provide details):

Name: Natalie Kyan

Signature _____ Date _____

Co-Investigator Print Name: _____

Signature _____ Date _____

I, the undersigned, understand that the above person/s have read the current NH&MRC Statement on Human Experimentation and the relevant Supplementary Notes to this Statement, or Code of Ethics for the Australian Psychological Society, (or *) and that responsibility is accepted by the above person(s) and by this Department for the conduct of the experimental and research procedures detailed above in accordance with the principles contained in the Statement and any other condition laid down by the University Human Research Ethics Committee and fully support the project undertaken within the Department and Faculty.

Head of Department

Print Name: _____

Signature _____ Date _____

*If NHMRC Statement or APS Code are not appropriate to your project, please identify your professional code of ethics under which this project would operate.

**The Associate Investigator will assume responsibility for the project in the absence of the Principal Investigator.

*** Applications for research involving participants from individuals who are not staff members of VU and who require access to the cohort of VU staff or students to undertake their research. Such research proposals are to be 'sponsored' by a member of staff, who would be required to take responsibility for all interactions with the University and the HREC in relation to ethics issues and their management.

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INFORMATION TO PARTICIPANTS INVOLVED IN RESEARCH

You are invited to participate

You are invited to participate in a research project titled: Body image, eating behaviours and weight management in male and female Dancesport competitors.

This project is being conducted by a student researcher, Natalie Kyan as part of a Master of Applied Psychology (Sport) degree at Victoria University under the supervision of Dr Harriet Speed.

Project explanation

Dancers have been shown to be at increased risk of developing unhealthy eating patterns, troubled attitudes regarding body image and in some cases clinical eating disorders. A focus on maintaining an ideal body composition leaves dancers vulnerable to developing unhealthy attitudes towards food and their own bodies. Training in front of mirrors and a constant focus on how the body "looks" has also been shown to have a negative influence on the levels of body satisfaction among dancers.

Much of the research to date has explored body image and weight management in female Ballet dancers. Like many forms of dance, DanceSport blurs the lines between art and athleticism. To date, however, there have been few research studies into Dancesport, and none that has explored the influence of DanceSport participation and the DanceSport environment on the physical self-perceptions and weight control practices of the dance competitors.

This research aims to explore and describe physical self-perceptions, weight management techniques and eating behaviours in DanceSport competition dancers, in an effort to compare behavioural and attitudinal patterns with those typically found in Ballet dancers and athletes from other aesthetic sports. In addition, the research will examine differences between male and female DanceSport competitors.

What will I have to do?

Phase 1: As a competitive DanceSport participant you are invited to complete the enclosed questionnaires. These questionnaires explore body image, eating habits and weight management behaviours. Completion of this package is expected to take approximately 30-45minutes.

Phase 2: You are also invited to indicate your interest in participating in phase 2 of the research which consists of an interview (face-to-face or phone) with a member of the research team. We plan to conduct 6-8 interviews, and depending on how many expressions of interest we receive, you may or may not be contacted to take part in an interview. If you are contacted, the interview will take about 1 hour to complete and will be audio-taped. For the most part, the interview will seek to identify patterns of attitudes and behaviours among dancers in relation to body image, eating habits and weight management. You will also be given the opportunity to express your views on how the competitive DanceSport environment may influence these issues.

A separate form is attached for you to complete and return with the questionnaire if you are interested in participating in the interview.

What will I gain from participating?

The research will enable us to gain a greater understanding of the DanceSport experiences of individuals such as yourself, and of the ways that these experiences influence competitors in healthy and unhealthy ways. The research will also provide dancers with an opportunity to provide feedback to the broader DanceSport community as to the key issues surrounding body image, eating habits and weight management behaviours of competitive dancers. You may also benefit directly from your involvement in the research, in that you will have opportunities to discuss 'in confidence' your personal views and feelings about your DanceSport experiences and their influence on your attitudes and behaviours.

How will the information I give be used?

The research data will be presented in written form as a thesis to be submitted to Victoria University by the student researcher, Natalie Kyan. It is possible that the data will also be published in a scientific journal and presented at a national or international research conference.

The questionnaire data will be anonymous for participants who choose not to participate in an interview. If you do wish to participate in the interview, please note that it will not be possible to maintain anonymity as questionnaires will be included as part of the interview, however, your personal details and questionnaire responses will be coded and stored separately so that only the researchers will be able to link a participant's name to the completed questionnaire.

All questionnaire data obtained within the study will be presented as group data and summaries. Pseudonyms will be used to protect the identities of those participating in interviews, in both the interview transcripts and in any reporting of the data. Interview data will also be screened to ensure that no personally identifiable information is reported.

What are the potential risks of participating in this project?

It is possible that you may experience some distress when discussing your experiences, behaviours and attitudes towards body image, eating habits and weight management behaviours. In addition, because the DanceSport industry in Australia is a fairly close-knit community, you may have concerns about information about your identity or individual responses to questions being revealed during the course of the research.

Please note, however, that

- all information you provide will be treated with the strictest of confidence;
- all personally identifying information will be kept confidential and will be removed from your transcripts and any presentation of data;
- pseudonyms will be used, and any information that has the potential to identify your association or position will be omitted from the data; and
- your involvement in the study is voluntary and you may withdraw at any time without the need for an explanation.

If for any reason you do experience any distress or concern as a result of participating in the research, either during the interview or afterwards, please contact Dr Mark Andersen (Ph: 03 9919 5413), a registered psychologist who is independent of the research project, but is aware of the research aims and methods. He is available to speak to any participant in the research who wishes to discuss any issues raised during, or resulting from, the interview. Please note this will be a free service.

How will this project be conducted?

If you agree to participate in the research, please complete the enclosed questionnaire package and return to the researcher in the reply paid envelope. If you opt to be considered for an interview a member of the research team will contact you within one week of receiving the questionnaire pack to schedule an interview with you. If you wish to seek additional information about the research, you can phone a member of the research team at any stage.

The interview will be held with the research student, Natalie Kyan, and will be scheduled at a time and place that is convenient to you.

Please note that participation is entirely voluntary and you are free to discontinue as a participant at any time, without the need for reason or explanation.

Who is conducting the study?

Dr Harriet Speed
Principal Researcher
Victoria University
ph: (03) 99195412

Ms Natalie Kyan
Student Researcher
Victoria University

We thank you in advance for assisting us in our research, Any queries about your participation in this project may be directed to the Principal Researcher listed above. If you have any queries or complaints about the way you have been treated, you may contact the Secretary, Victoria University Human Research Ethics Committee, Victoria University, PO Box 14428, Melbourne, VIC, 8001 phone (03) 9919 4781.



Victoria University Consent Form for Participants Involved in Research

INFORMATION TO PARTICIPANTS

We would like to invite you to be a part of a study that explores the physical self-perceptions, eating behaviours and weight management practices in male and female DanceSport competitors.

CERTIFICATION BY SUBJECT

I, _____

of _____
(insert name and address)

certify that I am at least 18 years old and that I am voluntarily giving my consent to participate in the research titled *Body image, eating behaviours and weight management in male and female Dancesport competitors* being conducted at Victoria University by Dr Harriet Speed and Natalie Kyan.

I certify that the objectives of the research, together with any risks to me associated with the procedures listed hereunder to be carried out in the research, have been fully explained to me by a member of the research team and that I freely consent to participation involving the use on me of these procedures.

Procedures:

Participants will engage in an interview, either face-to-face or via phone, with the student researcher (Natalie Kyan) that will take about 1 hour to complete. In the interview, you will be asked questions relating to your current perceptions and behaviours related to physical appearance, eating behaviours and weight management. You will also be asked questions about your experiences and perceptions of DanceSport and the ways that these experiences and the DanceSport environment may have an effect on dancers' body image and weight management.

Information that you provide during the interview will be treated as confidential and no identifying information about you will be made available to anyone outside of the research team. Only summaries of group results will be reported to others and your interview transcript will be given a pseudonym to further protect your identity.

I certify that I have had the opportunity to have any questions answered and that I understand that I can withdraw from this research at any time, without reason or explanation and that this withdrawal will not jeopardise me in any way

Signed: }

Date:

Any queries about your participation in this project may be directed to the researcher, Dr Harriet Speed, ph. 9919 5412. If you have any queries or complaints about the way you have been treated, you may contact the Secretary, University Human Research Ethics Committee, Victoria University, PO Box 14428, Melbourne, 8001 (telephone no: 03-9919 4710).