



Information Letter - The prevalence of high-risk disordered eating in competitive Canadian cross-country skiers, and the relationship with body shape dissatisfaction

Dear Potential Participant:

Thank you for your interest in our research study. You are invited to participate in this study if you; a) are a competitive Canadian cross-country skier; b) are at least 16 years old; (c) have a Nordiq Canada Race License for the 2022-2023 season; and (d) have competed in (or plan to compete in) at least one provincial, national or international level cross-country ski race from November 2022 to April 2023.

Participating in this study is entirely voluntary. Before deciding to take part in this study, please read this letter carefully and make sure you understand what is involved. If you choose to participate, you may change your mind and withdraw without penalty. No part of this study is mandatory, and you can skip any question you do not want to answer. If you have any questions about the study after reading this letter, please contact us at the emails below.

Disordered eating and body image are sensitive topics that may be triggering to some individuals. If you have concerns about your eating behavior or mental health, please take advantage of the resources and supports below. If you have concerns about your eating behavior, you are strongly encouraged to consult with your primary healthcare provider. In the event of an emergency, always call 911.

National Eating Disorder Information Center - www.nedic.ca

Crisis Services Canada - 1 833-456-4566 (Quebec 1 866-277-3553) www.crisisservicescanada.ca

Kids Help Phone (ages 5-29) – 1-800-668-6868 - www.kidshelpphone.ca

A comprehensive list of disordered eating and mental health resources can be downloaded by clicking [HERE](#).

PURPOSE

The purpose of this study is to investigate the prevalence of high-risk disordered eating behavior in competitive Canadian cross-country skiers, and investigate if disordered eating is related to body shape dissatisfaction. The study is being conducted by student researcher Angus Foster, a 4th Year Kinesiology Student at Lakehead University in Thunder Bay, Ontario. The research is supervised by Dr. Ian Newhouse, Director of the School of Kinesiology at Lakehead University.

WHAT IS REQUESTED OF ME AS A PARTICIPANT?

If you decide to participate in this study, you will be asked to fill out an online survey. The survey can be completed from anywhere at any time while the study is open. The link to the survey is available after reading this information letter and providing your informed consent to participate in the study. The survey should take about 25 minutes to complete.



WHAT INFORMATION WILL BE COLLECTED?

You will be asked to give your year of birth, category (male or female), and highest level of competition during the 2022-2023 season. You will then complete two surveys: the Eating Attitudes Test-26 (which screens for disordered eating behavior), and the Body Shape Questionnaire (which measures satisfaction with body shape).

WHAT ARE MY RIGHTS AS A PARTICIPANT?

You are not required to participate in this study. If you decide to participate, you have the right to withdraw at any time without penalty until you submit the survey. Due to the anonymous nature of the survey, if you decide to participate in the study you will be unable to request that your data be removed from the study once your data has been collected. By consenting to participate in this study, you do not waive any rights to legal recourse in the event of research-related harm. You will be given information that is relevant to you deciding to continue or withdraw from the study in a timely manner.

WHAT ARE THE RISKS AND BENEFITS?

Disordered eating and body image are sensitive topics, and may be psychologically triggering to some individuals. There is a risk that you may experience psychological harm from participating in this study. The study will require you to reflect on your eating behavior and body satisfaction. This could cause you emotional and psychological distress. Participating could also cause anxiety and secondary traumatization from previous disordered eating episodes. Participating in this study will not benefit you directly other than by connecting you with resources and supports for disordered eating. You will not be paid or compensated for participating in this study. This study could benefit society by providing results that could inform future programs, policies and training to support skiers with disordered eating.

HOW WILL MY CONFIDENTIALITY BE MAINTAINED?

You will not be required to provide any directly identifying information as part of this study. Indirect identifiers including your year of birth, competition category (male or female) and level of competition will be collected in order to investigate how these variables relate to disordered eating and body shape dissatisfaction. There are no anticipated secondary uses of your information, and your data will not be linked with other data sets that could combine indirect identifiers to identify you. Study data will only be accessed by the student researcher and the research supervisor. Following the study all data stored on the SimpleSurvey platform will be deleted. You will not be identified in the study's results.



WHAT WILL MY DATA BE USED FOR?

Data from this study will be used to investigate how many competitive Canadian cross-country skiers experience high-risk disordered eating. It will also investigate if disordered eating is related to body shape dissatisfaction. Only the student researcher and research supervisor will have access to study data. There is no intention to commercialize the findings of the study. Participants will not be identified in the study's results.

WHERE WILL MY DATA BE STORED?

Data will be collected and stored on a password protected SimpleSurvey account held by the student researcher. Data will be downloaded to a password-protected computer belonging to the student researcher for analysis. Data will also be backed up to a password-protected online storage platform (Onedrive) on an account held by the student researcher. All files containing study data will be protected with unique passwords. Following the study, data will be transferred onto an external hard drive and converted into paper hardcopy. The external hard drive and hard copy will be stored in the office of the research supervisor for a minimum of 7 years. In the event that the supervisor retires within 7 years, the hard copy and hard drive will be transferred to another secure storage location at Lakehead University. Study data will only be accessed after the completion of the study if re-examination of the data is required.

HOW CAN I RECEIVE A COPY OF THE RESEARCH RESULTS?

The research results will be shared in the form of a final paper submitted to the research supervisor. Results will also be shared in the form of a virtual poster-presentation at the Lakehead University Poster Fair on April 3rd, 2023. If you would like to receive a copy of the study's final results, please contact the Student Researcher (Angus Foster) at the email address provided below. The student researcher will also circulate the study's findings to stakeholders in the Canadian cross-country skiing community. This will include national/provincial governing bodies, athlete representatives and coaches. Any member of the public can request a copy of the final results by contacting the student researcher.

WHAT IF I WANT TO WITHDRAW FROM THE STUDY?

You can withdraw from participation in the study by exiting the survey, up until the point that you submit the survey. Due to the anonymous nature of the survey, it will not be possible to remove your data from the study after you have submitted the survey. If you leave the survey without completing and submitting the survey, your data will not be saved.

RESEARCHER CONTACT INFORMATION:

Angus Foster – Student Researcher – ahfoster@lakeheadu.ca

Dr. Ian Newhouse – Research Supervisor - inewhous@lakeheadu.ca



CONFLICT OF INTEREST:

The student researcher would like to disclose that he is a former competitive Canadian cross-country skier. The student researcher has personal friendships with members of the Canadian cross-country skiing community, including many potential participants. The student researcher has also been heavily involved in the governance of Canadian cross-country skiing. This has included volunteer work as an athlete representative on the Board of the national governing body and on various national and provincial committees. Although the student researcher does not currently have any power over any potential participants or the sport's governance, it is possible that a conflict of interest could be perceived due to their past involvement in the sport. The research supervisor acts as a physiology consultant to a national training center for cross-country skiing whose athletes could potentially be participants in the study. The student researcher and research supervisor would like to reinforce that they have no authority over you or any potential participant. You will not receive any reward or penalty for participating or not participating in our study.

RESEARCH ETHICS BOARD REVIEW AND APPROVAL:

This research study has been reviewed and approved by the Lakehead University Research Ethics Board. If you have any questions related to the ethics of the research and would like to speak to someone outside of the research team, please contact Sue Wright at the Research Ethics Board at [807-343-8283](tel:807-343-8283) or research@lakeheadu.ca.