**GoodForm: An intervention to enhance body image and prevent doping and supplement use in adolescent boys**

**PARTICIPANT INFORMATION SHEET- BOYS**

**Invitation**

You are invited to participate in research evaluating the GoodForm: An intervention to enhance body image and prevent doping and supplement use in adolescent boys, conducted by Dr Zali Yager from the College of Education at Victoria University, Dr Sian McLean from the College of Health and Biomedicine, Dr Scott Griffths from Melbourne School of Psychological Sciences, and Dr Joanna Doley from Victoria University. This research is funded by the World Anti-Doping Agency (WADA).

**Project explanation**

In this project, we will evaluate GoodForm, a program that aims to enhance body image and prevent supplement and anabolic steroid use in boys. The principal at your school has provided informed consent for the school to participate in this research. The activities in this program align with the Australian Curriculum: HPE, and the content of the activities is similar to what would already be covered in HPE. All boys in year 9 and 10 have been invited to participate in the research and the entire year level will form the Control or Intervention group. All boys in the intervention group will receive GoodForm. We are inviting you to participate in the research to evaluate the impact of this program.

**What will I be asked to do?**

If you agree to participate in this research, we will ask you to complete a 30-minute questionnaire in class time, three times, at three-month intervals. This survey asks questions about the way that you feel about the way that you look, and things that you might do to change the way that you look, including use of supplements and anabolic steroids as well as your attitudes towards drugs in sport.

**What will I gain from participating?**

By participating in this study, you may gain an increased awareness of your attitudes and beliefs about doping in sport, your intentions to use supplements and other drugs, and about the way that you feel about the way that you look. By participating in this study, you will be involved in important work that aims to improve body image among young male and female adolescents around the world and have a positive impact on attitudes and beliefs towards the doping culture in sport.

**How will the information I give be used?**

The information you provide in the questionnaires will be anonymous, and private. You will be allocated a unique participant code that will mean that you do not have to put your name on the questionnaire. The information that you provide in the questionnaires will not be shown to your parents, teachers or any authorities. We will use the information to do some statistical analyses, write a report, and present these findings to in scientific journal articles, and at conferences. We will retain anonymous electronic databases for future potential research.

**What are the potential risks of participating in this project?**

There is a small chance that you may feel some discomfort in responding to the questions that ask about your attitudes and beliefs relating to your body and drugs in sport. If you feel upset by these questions, you can stop answering them at any time. If you feel any distress, it is advised that you contact The Butterfly Foundation on 1800 334673 or Mensline on 1300 789978. You may also contact Professor Alex Parker, clinical psychologist, on +61 3 9919 5874 or alexandra.parker@vu.edu.au

**How will this project be conducted?**

You will be asked to complete a questionnaire three times, in HPE class. Surveys will be completed in private.

Students who do not consent to participate in this research will complete the GoodForm materials with their classmates, but will not complete the questionnaires and they will complete homework or silent reading.

**Who is conducting the study?**

Dr Zali Yager, Phone: 0403 011 643, Email: [zali.yager@vu.edu.au](mailto:zali.yager@vu.edu.au)

Dr Sian McLean

Dr Scott Griffiths

Dr Joanna Doley

Any queries about your participation in this project may be directed to Dr Zali Yager.

If you have any queries or complaints about the way you have been treated, you may contact the Ethics Secretary, Victoria University Human Research Ethics Committee, Office for Research, Victoria University, PO Box 14428, Melbourne, VIC, 8001, email researchethics@vu.edu.au or phone (03) 9919 4781.

**What do I do next?**

If you would like more information about the 3D Project or the research, please attend the drop-in session at the school in (Room) at (time) on (Date). If you can’t make it to the session, please contact the researchers directly to discuss the project.

If you agree to participate in this study, please complete the questionnaire when it is given to you, in class.

If you don’t want to participate, just let your teacher or the researcher know.