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

**PARENT/GUARDIAN INFORMATION SHEET**

**Invitation**

Your child is being invited to participate in research evaluating the 3D Project: An intervention to enhance body image and prevent doping and supplement use in adolescent boys. This research is being 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 child’s 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 will be invited to participate in the research and the entire year level will be randomly allocated to the Control or Intervention group. All boys in the intervention group will receive GoodForm even if they choose not to consent to the research (completion of questionnaires). We are inviting boys to participate in the research to evaluate the impact of this program.

**What will my child be asked to do?**

We will ask your son to complete a 20-minute questionnaire in class time, three times, at three-month intervals. This survey asks questions about body image and body change strategies, including the use of sports supplements and anabolic steroids, as well as your son’s attitudes and beliefs towards doping in sport. All items are standardised questionnaires that have been used around the world with children as young as 8 and 9 years old. You are welcome to request a copy of the questionnaire.

**What will my child gain from participating?**

By participating in this study, your child may gain an increased awareness of their attitudes and beliefs about body image, alcohol and other drugs, and doping in sport. The GoodForm program is based on the two most effective doping and body image concern prevention and intervention programs to date, both of which have an extensive evidence base. Participation in this project will assist the researchers to determine effectiveness of this program in a high school setting. By participating in this study, your child 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 my child gives be used?**

The information that is provided in the questionnaires will be de-identified, and treated with privacy and respect. Your child will be allocated a unique participant code that will mean that they do not have to put their name on the questionnaire. The information that your child provides will be entered into research databases and both hard and soft copy data will be stored in secure locations. 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 potential research and meta-analyses.

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

There is a small chance that your child may feel some discomfort in responding to the questions that ask about attitudes and beliefs relating to their attitudes, their body, and supplement use. In our extensive experience in this area, we have not had any students become upset by answering these questions. If your child does feel upset by these questions, they can choose to end completion of the questionnaire at any time, and will be offered debriefing at the time by researchers as well as a referral to the school counsellor. Your child’s teacher will be asked to follow up on their welfare, and will maintain contact with the researchers. We also provide the following referrals to participants: The Butterfly Foundation on 1800 334673, and Mensline on 1300 789978,for 24 hour phone counselling in Australia. Participants 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?**

Your child will be asked to complete a questionnaire three times, in class. Surveys will be completed in private. The GoodForm program will be conducted in the Health and Physical Education (HPE) classes, by the child’s regular teacher. This program involves the provision of information about the risks associated with the use of muscle building supplements, as well as the provision of strategies for improving attitudes towards doping in sport. This content is aligned with the HPE curriculum. Students who do not consent to participate in the research will complete the GoodForm program materials with their classmates, but will not complete the questionnaires, they will complete homework or silent reading instead.

**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 or 4461.

**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 for your child to participate in this study, you do not need to do anything.

If you don’t want your child to participate, please complete the Withdrawal of Consent form by clicking Here (linked to form).

**GoodForm: Development and evaluation of a multidimensional universal program for adolescent boys.**

**HEC: TBA**

**Project 1: PARENT/GUARDIAN OPT OUT OF CONSENT**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and understood the information sheet provided by the researcher about this study, and my questions have been clarified to my satisfaction. A copy of the information sheet for this study and this form has been provided to me.

Please select one of the following:

* I do not wish for my son to participate in this research. We will complete the class activities, but no observations or verbal feedback that he gives in class is to be recorded.
* I object to my son participating in the class activities. Please make alternate arrangements for him when these occur.

**BOY’S NAME ……………………………………………………………………..**

**Boy’s class/teacher …………………………………………………………**

**Parent/ guardian Signature…………………………… Date……………………………….**

Researcher contact details:

Dr Zali Yager

Senior lecturer, College of Arts and Education

Victoria University, Footscray, 3011, Victoria, Australia

Telephone: 0403 011 643

Email: [zali.yager@vu.edu.au](mailto:zali.yager@vu.edu.au)