



Participant Information Sheet

'Your child: Eating and Behaviour'

'MENUS 4 MITES'

Parent's intentions to provide a healthy diet in children with a learning disability: The application of a revised Theory of Planned Behaviour

You are being invited to take part in a research study. Before you decide whether or not to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. Talk to others about the study if you wish. Contact us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

What is the purpose of the study?

Parents of children who have a Learning Disability are being asked to complete a survey about their child's eating habits and behaviours, and about their own beliefs and attitudes in relation to this. **Parents will be invited to participate in this study regardless of their own child's weight.**

The study will use an online survey. Fiona Gellatly, Trainee Clinical Psychologist, will examine the results of the surveys. It is hoped that the study will enable the researchers to better understand the relationships between their children's eating-related behaviours and parental beliefs/ attitudes. With increased understanding, we may be able to better support parents to manage their children's diet-related behavioural problems. We may also be able to better understand why obesity is more likely to develop amongst this population.

Why have I been asked to take part?

You have been asked to take part because we believe that you are a parent of a child who has a Learning Disability, and is aged up to 18 years. If you continue to live with your child, and you have some influence over their diet, you are suitable for inclusion in this study. If your child has Prader willi or is tube fed, please do not take part. This is because both of these situations would cause your child to be on a carefully controlled diet.

Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep. If you decide to take part you are still free to withdraw at any time and without giving a reason.

What will happen if I take part?

You have been given a letter, inviting you to complete an online survey. The letter includes an internet link to a survey. The questionnaire will take approximately 25-30 minutes to complete. If you choose to complete the online survey, it will be assumed that you are providing consent to take part in the study. One month later, you will be emailed, and asked to complete a shorter follow-up questionnaire, which will take only 5 minutes to complete.

What are the possible benefits of taking part?

It may be that useful practical suggestions for specific supports emerge that could be implemented to help parents of children or young people who have a LD. It is also possible that a better understanding of the challenges faced by parents of children or young people who have a LD may be gained by the researcher.

What are the possible disadvantages and risks of taking part?

It is not thought that there are any disadvantages or risks involved.

What happens when the study is finished?

If you wish to remain informed about the study, please email Fiona Gellatly (email address below). Any feedback would not be specific to you, because the questionnaires are completed anonymously. See below for how results of the study will be used.

Will my taking part in the study be kept confidential?

All the information we collect during the course of the research will be kept strictly confidential and there are strict laws which safeguard your privacy at every stage. The online questionnaire will ask for your email address, and no other personal information. Questionnaire data will be stored online securely.

What will happen to the results of the study?

The study will be written up as a Doctoral level thesis and may possibly be presented at conferences.

Who is organising the research and why?

Fiona Gellatly, Trainee Clinical Psychologist, is organising this research, as part-fulfillment of her Doctorate in Clinical Psychology. Whilst carrying out this research, Fiona benefits from supervision by Clinical Psychologists working at University of Edinburgh, and NHS Lothian.

Who has reviewed the study?

The study proposal has been reviewed and approved by University of Edinburgh.

If you have any further questions about the study, please contact Fiona Gellatly by email: fiona.gellatly@nhslothian.scot.nhs.uk

If you wish to provide any anonymous feedback about how the study has been managed or carried out, please contact the researcher via email.

If you would like to discuss this study with someone independent of the study please contact Dr Helen Downie by email:
Helen.downie@nhsllothian.scot.nhs.uk



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Dear Parent,

I am a Trainee Clinical Psychologist carrying out the above study, as part of my doctoral training. Please find attached a 'Participant Information Sheet', which provides more information, including contact details if you have any questions.

If you decide to go ahead and complete the online survey, it will be assumed that you are giving your consent to taking part.

Below is a link to the online questionnaire, which I would be grateful if you would be willing to complete:

<https://www.survey.ed.ac.uk/menus4mitespart1>

Many thanks for taking the time to consider participating in my study.

Best wishes,

Fiona Gellatly (Trainee Clinical Psychologist)