

## **Research project title: Body Image in CrossFit participants**

You are being invited to take part in a research project. Before you decide, 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 and discuss it with others if you wish. Feel free to contact me if anything is not clear or if you would like more information (my contact details are provided at the end of this sheet). Please take time to decide whether or not you wish to take part as the survey will remain open from March 2016 until the end of May 2016. Thank you for reading this.

### **What is the purpose of the project?**

There continues to be a wide gender gap in sport, with about 2 million more men than women participating in sport on regular basis in the UK (Women in Sport, 2015). Research points to body image issues as one of primary factors preventing women from engaging in athletic pursuits (Murray & Matheson, 2001; Sport England, 2015). Women are primarily concerned with achieving slim, toned bodies (Hartman-Tews & Pfitser, 2003), are put off by worries about being judged or looking silly (Partridge, et al, 2013) and express fears about becoming too muscular or masculine (Salvatore & Marecek, 2010). There is some evidence that as women become more engaged in sport and concerned with performance, their body image becomes more positive and helpful (Stewart & Pullen, 2014).

Specifically, the study aims to explore how body image, perceptions of muscularity and sporting aspirations have been moderated/mediated by participation in CrossFit.

### **Why have I been chosen?**

An invitation to the survey was sent out to CrossFit boxes, trainers/coaches and online forums members on their database. You are likely one of many participants who have received the invitation email.

### **Do I have to take part?**

Your participation is entirely voluntary. You are free to refuse to take part and if you do decide to take part, you can stop completing the survey at any point and drop out without giving a reason.

### **What will happen to me if I take part?**

The survey is entirely anonymous and will involve answering approximately 70 questions, rating attitudes about body and body image. You will only be asked to answer the survey once during the project. Completing the survey should take no more 30 minutes.

### **What are the possible disadvantages and risks of taking part?**

We cannot perceive of any direct risk, yet should you feel any discomfort related to the topic of the survey, you are free not to take part or quit completing the survey at any time.

### **What are the possible benefits of taking part?**

While there are no immediate benefits for participants, we hope that this work will give a better understanding of how body image is affected by CrossFit. This research might for instance allow us to gain a better understanding of perceptions of muscularity for women involved in sport and how to support people to overcome body image beliefs that interfere with sport involvement or performance.

### **What happens if the study has to be terminated?**

If this is the case the reason will be explained to the participant.

### **What should I do if I want to take part?**

You can click the following link <https://www.surveymonkey.co.uk/r/5NDDXJY> which will direct you to the introduction page of the survey. If after reading it you still want to participate, you click to proceed, answer the questions and press to submit the form at the very end of the survey. You can complete the survey at any point during the time it is online (until the end of May 2016) and you will be unable to withdraw data once the survey has been submitted.

### **Will my taking part in this project be kept confidential?**

All information that is collected about you during the course of the research will be kept strictly confidential. Any information you submit in the survey is anonymous so your identity is unknown to the research team and the information you provide cannot be linked back to you. Data generated by the study will be retained in accordance with UCLan's policy on Academic Integrity. Therefore, the data generated in the course of the research will be kept securely in electronic, password protected and encrypted form for 5 years from the end of the project.

### **What happens immediately after data collection?**

Your responses will be analysed along with the responses of other participants. You may request to be provided with further information you might need in order to complete your understanding of the research.

### **What will happen to the results of the research project?**

The results of the survey will be written up and sent to journals with the intent of publishing it as an article. If you would like to receive a summary of the results of this research, please email me at [jessicajohns-green@hotmail.co.uk](mailto:jessicajohns-green@hotmail.co.uk) with the contact details you would like the results sent to. This guarantees that your identity cannot be linked to your entry in the survey.

### **Who is organising and funding the research?**

I am conducting this research as a Counselling Psychologist specialising in performance issues,

supervised by UCLan at the school of Sport & Wellbeing. This project is self-funded and has received no funding from external organisations.

**Who has reviewed the project?**

This project has been reviewed by the UCLan Research Ethics Committee STEMH (Science, Technology, Engineering, Medicine and Health). Should you have any concerns about the way in which the study has been conducted, you can contact Professor Dave Collins, School of Sport and Wellbeing [dcollins@uclan.ac.uk](mailto:dcollins@uclan.ac.uk) or our University Officer for Ethics at [OfficerforEthics@uclan.ac.uk](mailto:OfficerforEthics@uclan.ac.uk).

**Contact for further information**

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**Thank you for considering taking part in my project!**