THE UNIVERSITY OF WINNIPEG

Sample

THINK @ LINK
UWINNIPEG RESEARCH

Senate Committee on Ethics
in Human Research and Scholarship (SCEHRS)
ETHICS CHECKLIST

Revised: September 2008
Psych Sept/10

This *Checklist* (completed), a typed project description, and relevant attachments are required for all human subjects ethics review proposals. Before preparing submissions, read the ***SCEHRS Policies and Procedures***, and check the current schedule of SCEHRS submission deadlines. **Submissions received past deadline will not be reviewed until the subsequent deadline period. Incomplete proposals will be returned for completion and resubmission.** Please check off the following list to ensure that you have included all necessary materials. If there is no blank provided under N/A below, the item must be included.

Included	N/A	
✓		**This Ethics Checklist, signed, with all relevant items completed**
	✓	Notes explaining Ethics Checklist responses that raise ethical questions
✓		Copies of all research instruments
✓		Copy of consent form and consent form(s) or description of other consent procedure
	✓	Letters of approval from cooperating external agencies, or an undertaking to provide these before the study begins
✓		**A separate project description meeting the following criteria:.**
✓		Length eight (8) pages or fewer (length restriction does not apply to a grant proposal, which may be attached instead of a project description)
✓		Clearly written, typed and proofread, with all technical terms and procedures explained
✓		Clearly stated rationale for the research/scholarship, including purpose and anticipated benefits (scholarly and/or other)
✓		Number of subjects/participants, relevant characteristics
✓		Conditions of participation (volunteer, course credit, etc.)
	✓	Indication of whether there are inducements to participate or disincentives for not participating
✓		Method of obtaining informed consent, or rationale for no consent procedure
✓		Procedures for ensuring anonymity and confidentiality, or rationale for their absence
✓		Method of ensuring security of the data collected
✓		Intended uses of the resulting data/findings/scholarship
	✓	Identification of any potential risks/harms to subjects/participants, and of steps to be taken to prevent or minimize these
	✓	Discussion of any additional aspects of this research/scholarship that raise ethical concerns
✓		**Correct number** of copies of the complete protocol submission, i.e.) all information listed above (see *SCEHRS Policies and Procedures, Procedures* section)

FOR RESEARCH OFFICE USE ONLY	
Date Received:	Protocol Number:

Project Identification Information *Please print or type responses.*

1. Name:	2. Department:
Jasmine Bracken	Psychology
3. Phone:	4. E-mail:
[redacted]	[redacted]

5. Please check one:

___ Chief Investigator ✓ Student Investigator

6. If student, indicate name and department of supervisor

Name:	Department:
Dr. Gary Peckman	Psychology

7. Name(s) of Co-Investigator(s):

Dr. Jim Clark

8. Title of Proposal:

Disordered Eating Behaviours and the relationship to Beliefs on control.

9. Funding Status:

✓ unfunded
___ funding applied for from _____ (funder)
___ funding received from _____ (funder)
___ contract research for _____ (client)

10. Anticipated Commencement Date (month/year):	11. Anticipated Completion Date (month/year):
October 2010	April 2011

12. List all research instruments, including questionnaires and reproductions or descriptions of visual or other sensory or electronic stimuli. For observational research, list documents describing Observation Protocols and/or Coding Categories. For interviews, list either Interview Questions or Interview Protocol (detailed description of interview parameters). Include self-constructed, standardized, and/or commercial research instruments. All listed items must be attached to submission.

- Eating Disorder Inventory (Garner et al., 1983)
- Eating Attitudes Test (Garner & Garfinkel, 1979)
- Rosenberg Self Esteem Scale (Rosenberg, 1965)
- Weight Control Beliefs Questionnaire (Laliberte et al., 2007)

* please see Appendix B *

13. **Please check** the category to which your proposed project belongs, A or B. (For further clarification and for categories of research/scholarship exempted from ethics review, see *Policies and Procedures.*)

Category A: ____	**Category B:** ✓
Research/scholarship about a living individual involved in the public arena, or about an artist, in which the subject and/or third parties are approached directly for interviews or for access to private materials	All other research/scholarship not exempted from ethics review that involves living human subjects.

Ethics Checklist Instructions

If your project belongs in *Category A* (see above), you need only complete Sections A, C and E found below. If your project belongs in *Category B*, you need only complete Sections B, C, D and E found below. To complete Checklist items, circle Yes or No, and/or write in the required information. If any of the answers circled are underlined (Yes or No), an ethical issue arises that requires you either to reconsider your procedures, or to provide additional information. **In the latter case, attach a written note explaining the pertinent circumstances and the provisions you will make to ensure ethical practices, and/or elaborate in the project description.** Also, be sure to make a notation beside the question indicating the location of such clarifications (e.g., "See Note #12," or "See p. 4 of Project Description"). Note that in some Checklist sections, you are required to answer all questions (Yes or No). In other sections, you may indicate that a question does not apply (N/A).

Note that this Checklist covers only a portion of the ethical considerations involved in research/scholarship with human subjects/participants. More information is available in the full text of the *Tri-Council Policy Statement (TCPS)* available from the Research Office or on-line at: http://www.pre.ethics.gc.ca/english/policystatement/policystatement.cfm. Your discipline may also have research ethics guidelines relevant to your study. Furthermore, no set of policies or guidelines can cover all of the ethical considerations that might arise in research/scholarship, and therefore you should be aware that further issues and considerations might arise as ethics review proceeds. If so, you will be contacted by the Departmental or Senate ethics committee involved.

Section A: **To be completed only for projects in *Category A* (research/scholarship about a living individual involved in the public arena, or about an artist, in which the subject and/or third parties are approached directly for interviews and/or for access to private materials). Answer all questions:**

N/A

		Please Circle One	
A1.	Will all professional standards that are accepted generally in the investigator's discipline be applied in the conduct of this research/scholarship? *Note: Reference to such professional standards as are relevant to ethical conduct should be made in the project description, or in an attached note.*	Yes	No
A2.	Will potential subjects/participants be informed fully about likely venues for public presentation of interview contents and/or private materials?	Yes	No
A3.	Will third parties be informed fully about the extent to which their identities will be revealed publicly?	Yes	No
A4.	Will free and informed consent procedures be used?	Yes	No
A5.	Does the study involve temporarily leading the subject/participant to believe that the study has some purpose other than the actual one?	Yes	No
A6.	Will the subject's/participant's written or oral consent to participate be obtained?	Yes	No

A7. Will any promises be made to the subjects/participants that the investigator later might have difficulty fulfilling? Yes No

Answer Questions A8 and A9 as applicable, or indicate N/A

A8. If private materials under the control of the subject/participant will be made public as a consequence of the research/scholarship, will due care be taken to obtain the subject's/participant's written consent, and otherwise to avoid infringing on the subject's/participant/s rights? Yes No N/A

A9. If the possibility of commercialization of private materials exists, will the subject/participant who has control of these materials be so informed? Yes No N/A

Section B: **To be completed only for projects in *Category B* (all research/scholarship not exempted from ethics review that is not about an individual in the public arena or an artist). Answer all questions:**

Please Circle One

B1. Before giving their consent to participate, will the subjects/participants be informed fully of the nature of their research involvement, and of all features of the research/scholarship that reasonably might be expected to influence their willingness to participate? (Yes) No

Note: In this question and several others below, it is assumed that persons studied are aware that they are subjects/participants, and that informer consent is possible. For some research/scholarship (e.g., some kinds of observational research), these assumptions may not be valid. If this is the case, the circumstances should be described fully in the project description. A single notation may be made in the margin here indicating one location in your project description at which an explanation for several question responses may be found.

B2. Will free and informed consent procedures be used both at the outset of the subject's participation, and thereafter throughout the study (e.g., by notifying subjects/participants of any later changes or developments that might influence informed consent, and seeking further consent to these)? (Yes) No

B3. Will the subjects/participants be told that they can discontinue their participation at any time without incurring any penalties for doing so? (Yes) No

B4. Does the study involve temporarily misleading the subjects/participants as to the study's purposes, incomplete disclosure of the study's purposes, or temporary concealment of other information (e.g., staged occurrences, having subjects/participants do one thing while in fact something else they do is being observed, etc.)? Yes (No)

Note: In some areas of social science research, undetailed statements of the study's purposes are given in order to avoid over-sensitizing subjects/participants to some

information reasonably could be expected to affect informed consent. The greater the degree of temporary concealment, the higher the level of risk. Describe fully any temporary concealments or incomplete disclosures in the project description, explaining the reasons for them. Also, see Question B40.

B5. Will the people studied be aware that they are the subjects of your research/scholarship? (Yes) No

B6. Will subjects'/participants' written consent be obtained, or if this is inappropriate, will an alternative method of obtaining informed consent be used? (Yes) No

Note: Normally, written consent is required. If this is culturally unacceptable, or if other good reasons exist for not obtaining written consent, an alternative procedure for obtaining free and informed consent should be documented (in the project description, and/or attached as a separate document).

B7. Will informed consent information include a statement of the research Purpose, the identity of the investigator(s), the expected duration and nature of participation, a description of research procedures, and a description of any foreseeable harms and benefits that may arise from participation? (Yes) No

B8. Will the information describing the study and the materials used to seek consent be worded in language clearly comprehensible to the subjects/participants? (Yes) No

B9. Are you and/or your associates in a position of power vis-à-vis the subjects/participants? Yes (No)

B10. Do you foresee that the subjects/participants might feel or perceive any degree of manipulation, coercion, constraint, or undue influence concerning any aspect of their participation in the study? Yes (No)

B11. Will there be any actual or perceived material inducements to participate that exceed reasonable compensations for such things as transportation, unusually lengthy time demands, etc.? Yes (No)

B12. Will there be any actual or perceived social inducements to participate that exceed such things as interest in the research, an interesting activity, etc.? Yes (No)

B13. Will there be any actual or perceived disincentives for not participating in the research? Yes (No)

B14. Is the confidentiality of the subject's/participant's identity positively ensured? (Yes) No

Note: Regarding Questions B14 and B15, there may be situations in which the subjects/participants agree to or even seek public identification. If this applies,

explain, and also provide an assurance that you will obtain consent to revealing subjects'/participants' identities.

B15. Are there circumstances under which the subject's/participant's identity might be deduced by someone other than the investigator if the study results are presented publicly? Yes (No)

B16. Will any promises be made to subjects/participants, or to cooperating external agencies, that the investigator later might have difficulty fulfilling? Yes (No)

B17. Does the study involve physical stress (or the expectation thereof) such as might result from heat, noise, electric shock, pain, sleep loss, physical deprivation, drugs, alcohol, etc.? Yes (No)

B18. Do you foresee that the study might result in the subject's/participant's experiencing mental discomfort (e.g., fear, anxiety, loss of self-esteem, shame, guilt, embarrassment, becoming aware of personal weaknesses)? Yes (No)

B19. Will the investigator attempt to induce long-term change in subjects'/participants' behavior or attitudes? Yes (No)

B20. Does the study involve any potential risks to third parties who are not participants in the research? Yes (No)

B21. Will any individually-identifiable information about subjects/participants be disclosed without their informed consent (e.g., to teachers, doctors, therapists, parents, employers, other researchers, etc.)? Yes (No)

B22. Will written feedback on the outcome of the research/scholarship be made available to participating individuals and agencies/institutions? (Yes) No

B23. Could public presentation of the study's results possibly harm either the subject/participant, or his/her membership group? Yes (No)

B24. Will the investigator report to the Departmental and Senate ethics committees any adverse subject/participant responses to the research/scholarship that exceed the level of adverse responses anticipated and provided for in the project description? (Yes) No

Note: Adverse responses include, for example, emotional distress, physical distress, objections to the conduct of the research/scholarship that cannot be resolved by discussion, etc.

B25. Will the investigator explain to the subjects/participants that if they are dissatisfied with the study procedures, they may talk to the Chair(s) of the Departmental and/or Senate ethics committees, and will the investigator provide them with contact information for these persons? (Yes) No

B26. Has the investigator taken all possible steps in the design of the study to balance potential harms to the subjects/participants against potential benefits of the research/scholarship? (Yes) No

Answer the remainder of Section B as applicable, indicating N/A beside each item that does not apply:

B27. If the investigator plans to induce short-term behavioral or attitude change, will such change definitely be reversible? Yes No (N/A)

B28. If individual feedback is given to subjects/participants (e.g., tests scores or other comparative-standing information), will information also be presented on the validity, reliability, and appropriateness of norms for the individual? Yes No (N/A)

B29. If private materials (documents, third-person interview contents, etc.) provided by the subject will be made public as a consequence of the scholarship/research, will due care be taken to obtain subjects'/participants' written consent, and otherwise to avoid infringing on the subjects'/participants' rights? Yes No (N/A)

B30. If the study takes place within or in cooperation with an institution or agency (e.g., schools, day care centres, churches, seniors' homes, hospitals, social work agencies, playgrounds, prisons, etc.), has written approval been obtained from its administrators? Yes No (N/A)

Note: Attach copies. If no letters of approval can yet be provided (e.g., because agency approval is contingent on University ethics approval), attach an explanatory note undertaking not to begin research before you are in receipt of approval letters, and to submit copies of such letters to Research services immediately upon receipt.

Note also: The requirement of approval from external institutions may not apply in instances where it would interfere with free inquiry. If so, explain.

B31. If the subjects/participants are children (under age 18), will written parental or guardian consent be obtained? Yes No (N/A)

B32. If a written consent form is used, will copies be given to the subjects/participants to retain? (Yes) No N/A

B33. If the subjects/participants are legally or otherwise incompetent to provide informed consent, will the written consent of authorized third parties be obtained? (Yes) No N/A

B34. If the subjects/participants are not legally competent, is there any other legally-competent group that could be studied in order to address the research question? Yes No (N/A)

B35. If the subjects/participants are drawn from institutionalized or otherwise "captive or dependent" populations (e.g., in prisons, hospitals, psychiatric facilities, mandatory treatment programs, etc.), will special care be taken to ensure that consent is given freely, and that no actual or perceived coercion, constraint, or undue inducement to participate is present? Yes No (N/A)

Note: In your project description, be sure to describe clearly how this will be achieved.

B36. If the consent of a parent or an authorized third party is obtained, will each subject/participant also be informed independently of his/her right to decline to participate at any point in the study? (Yes) No N/A

B37. If the study will be conducted in a country other than Canada, and/or under the jurisdiction of an institution other than the University of Winnipeg, and if an ethics review body that has jurisdiction in that country or institution exists, will the study undergo review by that ethics body before the research begins? Yes No (N/A)

Note: If so, please attach documentation, or attach a note undertaking to provide documentation to Research Services immediately upon receipt.

B38. If there is any possibility of physical danger or harm to the subjects/participants will all necessary and prudent measures be taken to ensure their safety (e.g., from dangers such as electrical shock, lack of oxygen, falls, traffic or industrial accidents, the possibility of hearing or vision loss, etc.)? Yes No (N/A)

B39. If subjects/participants have initially formed any false impressions about the purposes of the study or the nature of information collected, if the study purposes were not completely disclosed initially, or if any information was concealed temporarily, will full disclosure be made at the conclusion of data collection? Will the reasons for false impressions, concealment, or incomplete disclosure be explained; and will subjects/participants then be given the opportunity to withdraw their data/information, should they so choose? Will everything possible be done to re-establish trust and respect? (Yes) No N/A

B40. If information on subjects/participants will be obtained from third parties (e.g., institutions, doctors, other researchers, etc.), will subjects/participants be so informed, and will their written consent be obtained? Yes No (N/A)

B41. If any adverse subject responses to the study are anticipated, have procedures been devised to ameliorate such responses? Yes No (N/A)

B42. If the possibility of commercialization of the research findings exists, will the subjects/participants be so informed? Yes No (N/A)

B43. If there is any actual or apparent conflict of interest on the part of the investigator(s), their institutions, or their sponsors, will the participants be so informed? Yes No (N/A)

B44. If the research/scholarship involves secondary uses of already-collected data or information regarding identifiable individuals, will appropriate measures be taken to ensure the privacy of the individuals and the confidentiality of the data, and to minimize potential harms to subjects/participants? Yes No (N/A)

B45. If secondary use is to be made of already-collected data or information regarding identifiable individuals, will appropriate measures be taken to ensure the privacy of the individuals and the confidentiality of the data, and to minimize potential harms to subjects/participants? Yes No (N/A)

B46. If the study concerns generic behaviors/characteristics that are not specific to particular, identifiable social or cultural groups (e.g., child poverty, access to legal services), will any persons be excluded from participation on the basis of culture, religion, race, ethnicity, mental or physical disability, sexual orientation, sex, or age? Yes No (N/A)

B47. If information is to be presented to and/or collected from subjects/participants in a language that the investigator does not speak/understand fully, will every possible effort be made to ensure that translation is as clear and accurate as possible? Yes No (N/A)

B48. Does the study include the use of personal health information? The Manitoba Personal Health Information Act (PHIA) outlines responsibilities of researchers to ensure safeguards that will protect personal health information. If yes, in an attachment to this checklist, please indicate provisions that will be made to comply with this Act. Yes (No) N/A

Note: See document for guidance online at: http://www.gov.mb.ca/health/phia/index.html

Answer Questions B49 – B54 if your project involves sub cultural, cultural, national, ethnic, or religious group characteristics as a focus of study.

Otherwise, indicate N/A for this section..... (N/A)

B49. Will the investigator ensure that privacy (as defined from the standpoint of the subjects/participants) will be respected? Yes No (N/A)

B50. Will the investigator ensure the accurate description of customs, community, and heritage? Yes No (N/A)

B51. In the case of field work in which informed individual consent **cannot** be obtained because of cultural constraints, has the investigator devised methodological safeguards to protect the subjects/participants fully? Yes No (N/A)

Note: If so, describe these fully in the project description or in an attached note.

B52. If the study involves Aboriginal peoples or subcultural, cultural, national, ethnic, or religious groups, and if individuals are to be interviewed, will the investigator exercise caution in generalizing findings for these individuals to the culture or group as a whole? Yes No (N/A)

Note: Explain fully how this will be done, e.g., by representing differing viewpoints that may exist within the community, and/or consulting community institutions

B53. If the study involves Aboriginal peoples or subcultural, cultural, national, ethnic, or religious groups, will the investigator cooperate with community institutions, consult within the community, and/or otherwise ensure that the group has been informed and involved as fully as is appropriate and possible concerning the study? Yes No N/A

B54. If the study involves Aboriginal peoples or subcultural, cultural, national, ethnic, or religious groups, will the investigator provide the community with an appropriate opportunity to react to the study's findings before they are presented publicly? Yes No N/A

Note: If the community, or segments of it, disagree with the findings after considered discussion and exchange, the investigator should undertake to provide an opportunity to make the community's views known, and/or should report accurately the contents of such disagreements in any public presentations of the study.

Answer all of Questions 55–60 only if your study involves the purchase or acquisition of manuscripts, documents, or artifacts.

Otherwise, indicate N/A for this section

B55. Will the investigator ensure that the acquisition of materials will be for the sole purpose of research/scholarship, and not for personal gain, private collection, or sale? Yes No N/A

B56. Will the acquisition of materials meet the legal requirements of the country of origin? Yes No N/A

B57. If legal ownership of materials is in doubt, will the investigator inform the proper authorities of the country concerned, and abide by their decision regarding disposition? Yes No N/A

B58. Will the investigator ensure proper storage, protection, security, and cataloguing of acquired materials? Yes No N/A

B59. If acquired materials are to be deaccessioned or discarded after use, will the investigator ensure that they are first offered to public or educational institutions in the area of origin, then offered to Canadian institutions, and/or otherwise made accessible in the public domain? Yes No N/A

B60. If the acquired materials are publicly exhibited, discussed, or published, will the investigator attempt to ensure that no undue embarrassment is caused to the individuals, groups, or countries of the materials' origin? Yes No N/A

Section C: Consent Form **To be completed for all projects in both *Category A* and *Category B***

Consent Form Checklist

Please complete the following Consent Form Checklist by circling the answer that best suits. The following list is to ensure that all of the necessary elements of a Consent Form(s) have been addressed. If you circle "No" or "N/A" for any of the items listed below please provide brief explanation in the area at the bottom of the page.

1. The University of Winnipeg's letterhead is used	(Yes)	No	N/A
2. Identity of the researcher and contact information	(Yes)	No	N/A
3. Research topic/question, nature of participation, duration, and research procedures	(Yes)	No	N/A
4. Risks and benefits of participation	(Yes)	No	N/A
5. State how feedback is provided to the participants	(Yes)	No	N/A
6. Anonymity	(Yes)	No	N/A
7. Confidentiality	(Yes)	No	N/A
8. Point of withdrawal and refusal to answer questions For example, "Participants may refuse to answer any question(s) and may withdraw at any time before ***publication*** without consequence."	(Yes)	No	N/A
9. Data storage, length of retention, and method of disposal	(Yes)	No	N/A
10. SCEHRS contact information: Senate Committee on Ethics in Human Research and Scholarship Program Officer, Heather Mowat (#786-9058 or h.mowat@uwinnipeg.ca)	(Yes)	No	N/A
11. Department of Psychology Ethics Chair contact info: Gary Rockman, # 786-9405 or g.rockman@uwinnipeg.ca	(Yes)	No	N/A
12. Copy of the consent form provided to all participants	(Yes)	No	N/A

Researcher Comments:

Section D: Risk Assessment **To be completed for *Category B* studies only**

D1. Please identify briefly any risks of participation in this study that **exceed** the risks that subjects/participants encounter in the aspects of their daily lives that relate to the research/scholarship:

Participation in this study will not involve any risks that would exceed the risks that subjects/participants encounter in their daily lives.

D2. Please check below your assessment of the **level of risk** of the proposed study (see *Policies and Procedures* for definitions):

✓ **Minimal Risk**	___ **Moderate Risk**	___ **Significant Risk**
(Nothing listed for Question 1 above)	(Exceeds the standard of everyday-life risk, is moderately invasive, involves a degree of temporary concealment or incomplete information that might influence informed consent, involves vulnerable persons, and/or meets other criteria listed in *Policies and Procedures*)	(See *Policies and Procedures*)

D3. Depending upon the duration, risk level, and other features of the proposed study, ongoing monitoring, reporting, and/or review may be required. Please propose the procedures that should be applied (e.g., an end-of-project report, regular periodic reports, meetings with Departmental or Senate ethics committees at regular intervals, visits by committee members to the research site, re-review at scheduled intervals, etc.). **If you propose that no ongoing procedures be applied, please explain why in the space below.**

No ongoing procedures will be applied, due to the minimal risk level of this study.

D4. If your project involves **more than minimal risk**, scholarly peer review may be required in order to demonstrate that the method is capable of answering the questions posed, and/or to determine whether potential benefits of the research/scholarship outweigh potential harms to subjects/participants. Are you currently in possession of existing scholarly reviews that could be submitted, should the need arise?

___ Yes ___ No N/A

Section E: Signature(s) **To be completed for all projects in both *Category A* and *Category B***

E1. Please indicate the **type of review** you are requesting. (See *Policies and Procedures* for definitions and criteria.)

____ **1 year Expedited Review** (Available **only** for minimal risk projects)	____ **2-2-1 Expedited Review** (Available **only** for minimal risk projects)	____ **Full Review** (Review type for moderate risk proposals)	✓ **Student (Honours Thesis) and Course Project Review** (Departmental review only, minimal risk proposals)

E2. 2-2-1 Expedited Review. If you are choosing a 2-2-1 review, please indicate why this type of ethics review is necessary for your research.

N/A

E3. Please disclose any real or apparent material or personal conflicts of interest that any of the investigators may have regarding relationships with potential subjects/participants, and/or regarding potential uses of the research/scholarly findings. Indicate how such conflicts will be resolved in an ethical manner.

N/A

E4. Your signature(s) below indicate that you (cross off any that do not apply):

- have read the *SCEHRS Policies and Procedures*
- have read the portions of the *Tri-Council Policy Statement (TCPS)* relevant to the research **AND** the ethical research guidelines of APA / CPA

(insert name of professional and/or scholarly association most relevant to the research, other than the TCPS)

- agree to abide by the policies and guidelines listed above
- have disclosed all actual or apparent conflicts of interest
- have disclosed all aspects of the study relevant to ethical review
- believe this submission to be complete
- agree to report to Research Services all adverse subject/participant responses that exceed the levels anticipated and provided for in this submission
- will conduct the study as described in this submission, if approved
- will reapply if any of the procedures change substantively
- will comply with all conditions upon which approval may be contingent

Signature of chief or student investigator:	**Date:**
[signature]	October 29/10
If student, signature of supervisor:	**Date:**
[signature]	NOV 1 /10
Signature(s) of co-investigator(s):	**Date:**

PSYCHOLOGY DEPARTMENTAL ETHICS COMMITTEE REVIEW
(For Committee use only)
Reviewer # 1

Review (Check all that apply)

✓ I have reviewed this submission to ensure completeness.

✓ This submission appears to comply with *Policies and Procedures*, the Tri-Council Policy, and relevant disciplinary ethics guidelines.

✓ All relevant ethical issues appear to have been addressed in this submission.

___ I recommend the following conditions of approval (regarding methods, monitoring, reporting, and/or ongoing review):

Approval Recommendations *Note: Unless otherwise recommended above, approval is in effect for one year only.*

✓ **I approve of** the procedures proposed in this submission (subject to any conditions listed above).

___ **I do not approve of** the procedures proposed in this submission.

Type of Review Recommended

✓ The investigator has requested Departmental Review, and I **recommend Departmental Review.**

___ The investigator has requested Departmental Review, but I **do not recommend Departmental Review.**

___ The investigator has requested Expedited Review, and I **recommend Expedited Review.**

___ The investigator has requested Expedited Review, but I **do not recommend Expedited Review.**

___ **I recommend Full Review.**

Additional Comments (optional)

Print/type name Departmental Ethics Committee Member:	**Department:**
Michael Hallonquist	Psychology
Signature of Departmental Ethics Committee Member:	**Date:**
Mike Hallonquist	Nov. 2, 2010

PSYCHOLOGY DEPARTMENTAL ETHICS COMMITTEE REVIEW
(For Committee use only)
Reviewer # 2

Review (Check all that apply)

✓ I have reviewed this submission to ensure completeness.

✓ This submission appears to comply with *Policies and Procedures*, the Tri-Council Policy, and relevant disciplinary ethics guidelines.

✓ All relevant ethical issues appear to have been addressed in this submission.

___ I recommend the following conditions of approval (regarding methods, monitoring, reporting, and/or ongoing review):

Approval Recommendations *Note: Unless otherwise recommended above, approval is in effect for one year only.*

✓ **I approve of** the procedures proposed in this submission (subject to any conditions listed above).

___ **I do not approve of** the procedures proposed in this submission.

Type of Review Recommended

✓ The investigator has requested Departmental Review, and I **recommend Departmental Review.**

___ The investigator has requested Departmental Review, but I **do not recommend Departmental Review.**
___ The investigator has requested Expedited Review, and I **recommend Expedited Review.**

___ The investigator has requested Expedited Review, but I **do not recommend Expedited Review.**

___ **I recommend Full Review.**

Additional Comments (optional)

Print/type name Departmental Ethics Committee Member:	**Department:**
Michael Lee	Psychology
Signature of Departmental Ethics Committee Member:	**Date:**
[signature]	November 08/10

SCEHRS REVIEW
(For Committee use only)

Review Status (Check all items that apply):
___ This submission has undergone Expedited Review. ___ This submission has undergone Full Review. ___ The following items are outstanding and must be submitted **before the study commences:** ___ The following items are outstanding and must be submitted **immediately upon receipt by the investigator,** but the study may commence before they are submitted:
Approval Status (Check all items that apply):
___ This submission has been approved provisionally following Expedited Review. *Note: Approval will be reviewed at the next SCEHRS meeting. The investigator will be notified only if further review is required.* ___ Following Full Review, the procedures proposed in this submission have been **approved.** ___ Following Full Review, the procedures proposed in this submission **have not been approved.** ___ The following items are conditions of approval:
Additional Comments (optional):
Print/type name of SCEHRS Chair:

Signature of SCEHRS Chair:	**Date:**

Honours Thesis Proposal

Student Investigator: Jasmine Bracken, Dept. of Psychology

Primary Advisor: Dr. Gary Rockman, Dept. of Psychology

Secondary Advisor: Dr. Jim Clark, Dept. of Psychology

Research Rationale and Purpose

Extensive research has been conducted on factors associated with eating disorders, including perfectionism, locus of control, obsessive-compulsive tendencies, self-esteem and anxiety, to name a few. However, more recent research started to focus on specific disordered eating behaviours and attitudes, rather than the clinically diagnosed eating disorders (Lalberte et al., 2007). It has been noted that a more comprehensive understanding of the relationships between factors such as perfectionism, self-esteem or control and disordered eating attitudes and behaviours may be extremely important in order to fully understand and predict the risk factors for eating disorders. This better understanding may allow research to uncover ways to clearly identify risk factors in a non-clinical population, and take preventative measures before the disordered eating behaviours or attitudes reach the point of being considered a clinical eating disorder.

The large body of eating disorder literature has resulted in the establishment of several reliable and valid measures of disordered eating behaviours and attitudes. The Multi-Dimensional Eating Disorder Inventory (EDI) was developed in order to assess the multiple psychological and behavioural traits commonly seen in Anorexia Nervosa and Bulimia, using eight self-report sub-scales (Garner et al., 1983). Another common measure of disordered eating, the Eating Attitudes Test (EAT) was developed in an attempt to assess a range of target attitudes typically seen in individuals with Anorexia Nervosa (Garner and Garfinkel, 1979). Both measures have been well-established in the literature as being

useful in both clinical and non-clinical samples, and therefore are of value to researchers wishing to assess disordered eating behaviours and attitudes.

As previously mentioned, a key area of eating disorder research has examined the role of locus of control. Results of studies examining the differences in disordered eating, weight loss, and obesity in individuals with an internal locus of control ('internals') compared to individuals with an external locus of control ('externals') were mixed (Balch and Ross, 1975). This ambiguity prompted researchers to refine their thinking, and develop a more domain-specific method of evaluating locus of control, specifically in terms of weight. With counter-intuitive results showing that a strong relationship exists between individuals with an internal locus of control, disordered eating behaviours, and low self-esteem (Stotland and Zuroff, 1990). In further refining the research direction to specifically focus on internal locus of control in eating disorders and disordered eating behaviour, there was an increasing need for the development of a reliable and valid measure of internal control beliefs specific to weight. The Weight Control Beliefs Questionnaire was developed and validated in clinical and non-clinical samples, and found to be a reliable predictor of disordered eating behaviours and attitudes, body dissatisfaction, and self-esteem (Lalliberte et al., 2007). The Weight Control Beliefs Questionnaire divides the internal locus of control in terms of weight into two distinct beliefs: the belief that one should control one's weight, and the belief that one should control one's lifestyle (Lalliberte et al., 2007).

This study will attempt to further the understanding and scope of the Weight Control Beliefs Questionnaire, by using it as a measure of disordered eating behaviours and attitudes in a non-clinical sample of University of Winnipeg students. Relationships between the two internal beliefs on weight and specific disordered eating behaviours, attitudes, perfectionism, and self-esteem will be examined, by using the Eating Disorder Inventory (Garner et al., 1983), the Eating Attitudes Test (Garner and Garfinkel, 1979), and the Rosenberg Self-Esteem Scale (Rosenberg, 1965) in addition to the Weight

Control Beliefs Questionnaire (Lalliberte et al., 2007). It is hypothesized that individuals who have beliefs that one should control their weight will show high levels of disordered eating behaviours and attitudes, high levels of perfectionism, and low levels of self-esteem. Reciprocally, it is hypothesized that individuals who have beliefs that one should control their lifestyle will have low levels of disordered eating behaviours and attitudes, low levels of perfectionism, and high levels of self-esteem. Within these general hypotheses, special attention will be paid to differences in terms of specific eating disordered behaviours (e.g. bingeing and purging, overeating, or restrictive eating), specific types of perfectionism (e.g. socially oriented and self oriented perfectionism), and sex differences. With hopes of achieving a further understanding of how these factors play a role in disordered eating behaviours and in the development of clinical eating disorders, it is possible that the results of this study may assist in the development of screening tools for eating disorder risk factors, and a more effective method of preventing eating disorders themselves.

Procedure

Upon signing up to participate in this study, students will be informed of the content and purpose of the questionnaires (e.g. questions will address attitudes towards eating, eating behaviours, beliefs on controlling one's weight and controlling one's lifestyle, and self esteem).

Before beginning the questionnaire, the participants will be asked to sign a consent form (Appendix A). They will be informed that their participation in the study is entirely voluntary, and that they may refuse to answer any question or withdraw from the study anytime before completing the questionnaire and still receive full credit. They will be reminded that their participation in this study will remain anonymous , and be given an opportunity to ask the investigator any questions before they begin the questionnaire.

Participants will be asked to complete a series of short questionnaires (Appendix B), which include the Drive for Thinness, Bulimia, Body Dissatisfaction, Perfectionism, and Ineffectiveness subscales of the Eating Disorder Inventory (Garner, 1983), the Eating Attitudes Test (Garner and Garfinkel, 1979), the Rosenberg Self-Esteem Scale (Rosenberg, 1965) and the Weight Control Beliefs Questionnaire (Laliberte et al., 2007).

Upon completing the questionnaires, participants will be given a student feedback form (Appendix C), containing the purpose of the study, and contact information for further questions or concerns that the participants may have. The participants will also be thanked for their contribution to student research.

Participants

Participants will consist of approximately 200 Introductory Psychology students from the University of Winnipeg. They will be recruited by sign-up sheets posted on the subject pool bulletin board, which will include a brief statement describing the content of the study. This statement will inform students of the types of questions they will be asked should they choose to sign up for this study. If the students do not feel comfortable answering questions concerning attitudes towards eating, eating behaviours, beliefs on control, or self-esteem, they will not sign up to participate.

Informed Consent

Participants are required to complete an informed consent form before participating in the study (Appendix A), and will be provided with a copy of the consent form once they have completed the questionnaires.

Confidentiality, Data Storage and Disposal

Participants will not be asked at any point throughout the study to identify themselves, and their responses to the questionnaires will remain completely anonymous and confidential. The data will be stored in a locked laboratory that only those authorized will have access to. Data will be preserved for at least five years as specified by the American Psychological Association and then disposed of by shredding and formatting any disks containing electronic data. The results from this study may be used in future presentations and/or scientific publications.

Feedback to Participants

Participants will receive a student feedback form (Appendix C) following their completion of the questionnaire. The student feedback form will include the rationale and purpose of this study, and contact information if the participants are interested in the results of the study or have any further questions or concerns. If a participant withdraws from the study because of a specific concern about the questionnaire or feedback form, the participant will be referred to the primary advisor whose contact information is provided on the student feedback form. The participant will still receive a full research credit.

Potential Risk to Participants

All necessary cautions have been taken to ensure that any potential risks are minimized and participants' experience is entirely safe. Methods of minimizing potential risk factors include the statement of intent on the subject pool sign-up sheet, and the reminder of the intent and procedure of the study before the questionnaire begins. These include an advisory that those individuals who may feel uncomfortable answering questions regarding eating attitudes, eating behaviours, beliefs on control, and self-esteem, should not participate. It is also emphasized that each participant has the right to

refuse to answer any question(s), and may withdraw from the research study at any time before the questionnaire is completed, and still receive a research credit. If at any time a participant experiences a negative reaction to the questionnaire or feedback form, the investigator will immediately refer the participant to the primary advisor, who will then take the necessary action to reduce any discomfort (e.g. refer to counselling services, the Department Chair etc.). Any adverse reactions to the study will be reported to the Department Chair and the Chair of Ethics.

Potential Benefits and Use of Findings

Students participating in this study will be helping to further the understanding of disordered eating behaviours and attitudes in non-clinical populations. The results of this study may be of value to future research on eating disorder risk factors and the development of more effective screening tools for disordered eating behaviours and attitudes in clinical or non-clinical settings in the future.

References

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APPENDIX A – Consent Form

THE UNIVERSITY OF WINNIPEG
DEPARTMENT OF PSYCHOLOGY

Student Investigator: Jasmine Bracken, Dept. of Psychology, [redacted]

Primary Advisor: Dr. Gary Rockman, Dept. of Psychology, g.rockman@uwinnipeg.ca or 786-9405

Secondary Advisor: Dr. Jim Clark, Dept. of Psychology, j.clark@uwinnipeg.ca

I agree to participate in this study on disordered eating behaviours and the relationship to beliefs of controlling one's weight and lifestyle. This study is being conducted by Jasmine Bracken at the University of Winnipeg, and has been reviewed by the Department of Psychology Ethics Committee. My participation will involve filling out a set of brief questionnaires, which will take approximately 20 minutes. The questionnaires assess four areas of interest: (1) eating disordered behaviours; (2) beliefs on control; (3) attitudes towards eating and (4) self-esteem. Following completion of the questionnaires I will receive one hour of research credit.

I understand that this study is being conducted for research purposes only and that all data is completely anonymous and confidential. At no point throughout my participation in this study will any personally identifying information be requested.

The data obtained from this study will be safeguarded, and only those authorized will have access to it. Data will be preserved for at least five years as specified by the American Psychological Association and then disposed of by shredding of questionnaires and formatting any disks containing electronic data. The results from this study may be used in future presentations and/or scientific publications.

I am aware that my participation in this experiment is completely voluntary. I have the right to refuse to answer any question and the right to withdraw from the study at any time prior to completing the questionnaire and still receive my research participation credit.

Please check one of the following

_____ I do agree to participate in the study described above

_____ I do NOT agree to participate in this study

Name (please print): _____

Date: _____ Signature: _____

Contact Information: If you have any questions about this study, you can contact Dr. Rockman (Chair of the Departmental Ethics Committee) at 786-9405. For general concerns you can also contact Heather Mowat, Research Administration Officer at 786-9058

APPENDIX B - Measurements

Eating Disorder Inventory

Age:_____

Present Weight:_____ (lbs) Height:_____ Sex:_____

Highest Past Weight (excluding pregnancy):_____ (lbs)

How Long Ago:_____ (months)

For How Long Did You Weigh This Amount:_____ (months)

Lowest Past Adult Weight:_____ (lbs)

How Long Ago:_____ (months)

For How Long Did You Weight This Amount:_____ (months)

Ideal Weight:_____ (lbs)

Please indicate which number best represents your feeling, attitude, or behaviour for each statement.

1 = Never 2 = Rarely 3 = Sometimes 4 = Usually 5 = Always

Drive for Thinness:

1 2 3 4 5 I eat sweets and carbohydrates without feeling nervous

1 2 3 4 5 I think about dieting

1 2 3 4 5 I feel extremely guilty after overeating

1 2 3 4 5 I am terrified of gaining weight

1 2 3 4 5 I exaggerate or magnify the importance of weight

1 2 3 4 5 I am preoccupied with the desire to be thinner

1 2 3 4 5 If I gain a pound, I worry that I will keep gaining

APPENDIX B - Measurements

1 = Never 2 = Rarely 3 = Sometimes 4 = Usually 5 = Always

Bulimia:

1 2 3 4 5 I eat when I am upset

1 2 3 4 5 I stuff myself with food

1 2 3 4 5 I have gone on eating binges where I have felt that I could not stop

1 2 3 4 5 I think about bingeing (overeating)

1 2 3 4 5 I eat moderately in front of others and stuff myself when they're gone

1 2 3 4 5 I have the thought of trying to vomit in order to lose weight

1 2 3 4 5 I eat or drink in secrecy

Body Dissatisfaction:

1 2 3 4 5 I think that my stomach is too big

1 2 3 4 5 I think that my thighs are too large

1 2 3 4 5 I think that my stomach is just the right size

1 2 3 4 5 I feel satisfied with the shape of my body

1 2 3 4 5 I like the shape of my buttocks

1 2 3 4 5 I think my hips are too big

1 2 3 4 5 I think that my thighs are just the right size

1 2 3 4 5 I think my buttocks are too large

1 2 3 4 5 I think that my hips are just the right size

APPENDIX B - Measurements

1 = Never 2 = Rarely 3 = Sometimes 4 = Usually 5 = Always

Ineffectiveness:

1 2 3 4 5 I feel ineffective as a person

1 2 3 4 5 I feel alone in the world

1 2 3 4 5 I feel generally in control of things in my life

1 2 3 4 5 I wish I were someone else

1 2 3 4 5 I feel inadequate

1 2 3 4 5 I feel secure about myself

1 2 3 4 5 I have a low opinion of myself

1 2 3 4 5 I feel that I can achieve my standards

1 2 3 4 5 I feel that I am a worthwhile person

1 2 3 4 5 I feel empty inside (emotionally)

Perfectionism:

1 2 3 4 5 Only outstanding performance is good enough in my family

1 2 3 4 5 As a child, I tried very hard to avoid disappointing my parents and teachers

1 2 3 4 5 I hate being less than the best at things

1 2 3 4 5 My parents have expected excellence of me

1 2 3 4 5 I feel that I must do things perfectly or not do them at all

1 2 3 4 5 I have extremely high goals

APPENDIX B - Measurements

Weight Control Beliefs Questionnaire

Please read each statement and decide how well each statement describes your beliefs:

1 = Not True 2 = Slightly True 3= Moderately True 4 = Mostly True 5= Completely True

1 2 3 4 5 I believe I should control my weight

1 2 3 4 5 I try to live a healthy lifestyle and let my weight go to what is natural for me

1 2 3 4 5 I focus on healthy living rather than controlling my weight

1 2 3 4 5 If I work at it, I should be able to keep my weight where I want it

1 2 3 4 5 I try to accept the weight that is natural for me and focus on living a healthy lifestyle

1 2 3 4 5 If I stick to the right exercise and eating plan, I should be able to achieve the weight and shape that I want

1 2 3 4 5 If I am living a healthy lifestyle, my body is likely at the weight I am meant to be

1 2 3 4 5 It is important to me that I accept the weight that comes with living a healthy lifestyle

1 2 3 4 5 The main thing that determines my weight is what I myself do

1 2 3 4 5 If I am careful, I can control my weight

1 2 3 4 5 I'd rather live healthily and accept that we all come in different shapes and sizes

1 2 3 4 5 If my weight is more than what I want it to be, then I am at fault

1 2 3 4 5 Whether I gain, lose, or maintain my weight is within my control

1 2 3 4 5 I am comfortable letting my weight fluctuate naturally

1 2 3 4 5 I focus on healthy eating rather than trying to control my weight

1 2 3 4 5 If I want to be a certain weight, I can make it happen

1 2 3 4 5 I focus on healthy exercise rather than trying to control my weight

APPENDIX B - Measurements

Rosenberg Self-Esteem Scale

Please indicate your agreement to each statement.

1 =Strongly disagree 2 = Disagree 3= Neither agree nor disagree 4= Agree 5=Strongly Agree

1 2 3 4 5 I feel that I have a number of good qualities

1 2 3 4 5 I feel that I'm a person of worth, at least on an equal plane with others

1 2 3 4 5 I am able to do things as well as most other people

1 2 3 4 5 I take a positive attitude towards myself

1 2 3 4 5 On the whole I am satisfied with myself

1 2 3 4 5 All in all, I am inclined to feel that I'm a failure

1 2 3 4 5 At times I think I am no good at all

1 2 3 4 5 I feel I do not have much to be proud of

1 2 3 4 5 I certainly feel useless at times

1 2 3 4 5 I wish I could have more respect for myself

APPENDIX B - Measurements

Eating Attitudes Test

Please indicate which number best represents your attitudes and behaviours

1 = Never 2 = Rarely 3 = Sometimes 4 = Usually 5 = Always

1 2 3 4 5	Like eating with other people
1 2 3 4 5	Prepare foods for others but do not eat what I cook
1 2 3 4 5	Become anxious prior to eating
1 2 3 4 5	Am terrified about being overweight
1 2 3 4 5	Avoid eating when hungry
1 2 3 4 5	Find myself preoccupied with food
1 2 3 4 5	Have gone on eating binges where I feel that I may not be able to stop
1 2 3 4 5	Cut my food into small pieces
1 2 3 4 5	Aware of the calorie content of foods that I eat
1 2 3 4 5	Particularly avoid foods with a high carbohydrate content (eg. Bread, rice etc)
1 2 3 4 5	Feel bloated after meals
1 2 3 4 5	Feel that others would prefer if I ate more
1 2 3 4 5	Vomit after I have eaten
1 2 3 4 5	Feel extremely guilty after eating
1 2 3 4 5	Am preoccupied with a desire to be thinner
1 2 3 4 5	Exercise strenuously to burn off calories
1 2 3 4 5	Weigh myself several times a day
1 2 3 4 5	Like my clothes to fit tightly
1 2 3 4 5	Enjoy eating meat
1 2 3 4 5	Wake up early in the morning

APPENDIX B - Measurements

1 = Never 2 = Rarely 3 = Sometimes 4 = Usually 5 = Always

1 2 3 4 5	Eat the same foods day after day
1 2 3 4 5	Think about burning up calories when I exercise
1 2 3 4 5	Have regular menstrual periods
1 2 3 4 5	Other people think that I am too thin
1 2 3 4 5	Am preoccupied with the thought of having fat on my body
1 2 3 4 5	Take longer than others to eat my meals
1 2 3 4 5	Enjoy eating at restaurants
1 2 3 4 5	Take laxatives
1 2 3 4 5	Avoid foods with sugar in them
1 2 3 4 5	Eat diet foods
1 2 3 4 5	Feel that food controls my life
1 2 3 4 5	Display self control around food
1 2 3 4 5	Feel that others pressure me to eat
1 2 3 4 5	Give too much time and thought to food
1 2 3 4 5	Suffer from constipation
1 2 3 4 5	Feel uncomfortable after eating sweets
1 2 3 4 5	Engage in dieting behaviour
1 2 3 4 5	Like my stomach to be empty
1 2 3 4 5	Enjoy trying new rich foods
1 2 3 4 5	Have the impulse to vomit after meals

APPENDIX C – Feedback Form

THE UNIVERSITY OF WINNIPEG
DEPARTMENT OF PSYCHOLOGY

Student Feedback Form

Student Investigator: Jasmine Bracken, Dept. of Psychology, [redacted]

Primary Advisor: Dr. Gary Rockman, Dept. of Psychology, g.rockman@uwinnipeg.ca or 786-9405

Secondary Advisor: Dr. Jim Clark, Dept. of Psychology, j.clark@uwinnipeg.ca

There has been a significant amount of research conducted on clinically diagnosed eating disorders, and the risk factors associated with them. More recent research in the field of eating disorders has focused on disordered eating behaviours and attitudes, and the role that factors such as locus of control, perfectionism, and self-esteem may play. More specifically, special attention has been paid to the different levels of internal control of weight, namely the belief that one can control one's weight and the belief that one can control one's lifestyle (Laliberte et al., 2007). A more comprehensive understanding of how these beliefs on control relate to specific disordered eating behaviours, eating attitudes, perfectionism, and self-esteem may lead to a more effective method of screening for eating disorder risk factors in non-clinical settings, before the disordered eating worsens to the point of being considered a clinical disorder.

The Eating Disorder Inventory (Garner et al., 1983), and the Eating Attitudes Test (Garner & Garfinkel, 1979) were developed to assess disordered eating behaviours and attitudes, and have been proven reliable and valid for use in both clinical and non-clinical settings. The Rosenberg Self-Esteem Scale (1965) is a well-known and efficient method of evaluating an individual's level of self-esteem. The Weight Control Beliefs Questionnaire was developed recently to assess the specific types of internal control beliefs on weight, and has been shown to be reliable and valid in both clinical and non-clinical settings, and able to effectively assess whether an individual beliefs that one should be able to control one's weight, or one should be able to control one's lifestyle (Laliberte et al., 2007).

By answering these questionnaires, you have contributed to the further understanding of beliefs on control and the role that these beliefs play in disordered eating behaviours and attitudes within a non-clinical population. We thank you for your participation in this study. If you have any questions or concerns about your participation in this study or wish to obtain the results of this research, please contact Dr. Rockman (Chair of the Departmental Ethics Committee) at 786-9405. For general concerns you can also contact Heather Mowat, Research Administration Officer at 786-9058.