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Shame, Guilt, and Pride Questionnaire and Eating in Adolescence. The SGPED Student Survey

Central University Research Ethics Committee Approval Reference **R90254/RE001**

Following the recent Covid pandemic, there has been a significant increase in eating disorders in young people. As you will be aware, eating disorders pose serious problems with anorexia nervosa, associated with morbidity and, unfortunately, mortality. I am glad to report that we have made significant progress with recent treatments focussing on weight and shape concerns. However, even with this approach there are patients who remain unwell. In part, this may be due to the neglect of the self-conscious emotions of shame, guilt, and pride, which we now know play an important role in eating disorders and their treatment. However, these self-conscious emotions have been under-researched and an understanding of how they affect treatment is limited.

I am conducting research on shame, guilt, and pride in eating disorders as part of a DPhil project at the University of Oxford. To better understand this, I am developing a short, easy to understand questionnaire to measure shame, guilt, and pride relating to eating disorders aimed at ages 11 – 18 years old. The survey would be completed anonymously and online. It should take approximately 30 minutes and could be completed in PSHE lessons or as homework. It is hoped this research will provide valuable insights on self-conscious emotions and eating disorders.

We have produced a short video clip to give more information about this project to pupils here <https://vimeo.com/908725905?share=copy>, which would be best shown in an assembly or PSHE lesson where some context around the survey can be given and sign posting could be provided in case any difficult emotions or memories are triggered.

The survey involves questions on self-conscious emotions, mood, and screening for eating disorders. We are not specifically recruiting those with eating disorders, as most young people will not have one. The anonymised aggregated data will be used to provide each participating school with a report of their students' results by year group and gender.

This project has ethical approval from the University of Oxford Central University Research Ethics Committee. Students will be asked for consent and given links for support if needed. Parents can opt out their child if they wish. Participation is voluntary and can be stopped anytime. No identifying information will be collected.

I hope this project is of interest, and that you may be willing to consider participating. Expressing an interest does not commit you or your school(s) in any way.

In order to express interest and for further information about this survey, please use this link <https://oxuni2023edamon.fabsurveys.co.uk/Registerforsurvey/SchoolSignUpForm>

or use the QR code below.



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