

Appendix E

QUESTIONNAIRE

Collegiate Project: A survey of eating disorder-related services and

1. Consent Form

You are being asked to participate in a research study about eating disorders and body image-related programs and services on college and university campuses. The purpose of this study is to identify what services and programs are available on collegiate campuses around the country for students struggling with, recovering from, and at risk of developing eating disorders. The purposes of identifying these programs are to provide a service to students and parents when seeking the right college campus for their needs; capture an image, in words, of the "ideal" college campus according to professionals in the field; understand the short-term needs for improving campuses; identify ways in which the National Eating Disorders Association (NEDA) can facilitate improving services on campuses; and create a database of programs and services for practitioners, coordinators, and others involved with program development. This database would serve to identify not only what programs exist around the country but also to initiate a dialogue between program developers through NEDA to help spread the initiation and maintenance of the most useful and innovative practices. The expected length of your participation will be about 15 to 30 minutes.

In order to participate in this research study, it is necessary that you give your informed consent. You may request a copy of this consent form and may consult with others such as a family member before giving your consent to participate. It is recommended you print this page for your records.

*Please consider the following points before signing:

- I understand that I am participating in psychological research.
- I understand that my participation will be confidential.
- I understand that I may choose to be contacted for further follow-up about programs and services on the campus where I work. If I do so, I may be asked more questions about these services. I understand that I may decline to participate in any follow-up.
- I understand that I can contact the principal investigator, Rochelle Lebovitch Steinwurtzel at rl40039n@pace.edu or at 212-346-1506, if I have any questions about participating in this study.

In addition, I understand that the Institutional Review Board (IRB) at Pace University has approved the solicitation of subjects for this study. I understand that I can contact the Office of Sponsored Research at 212-346-1273, if I have questions concerning my rights as a participant in psychological research or to report a research-related issue.

- There will be questions that ask about systems-level programs and services. This study involves minimal risk. I am aware that at the end of the study a list of resources to contact will be provided if any of the material caused discomfort or that I may stop participating at any time.
- I understand that the benefits to this study include contributions to better understand what types of programs and services are available to raise awareness about eating disorders and help students in need of such information and/or treatment.
- I understand that participation in research is not required, is voluntary, and that, after any individual research project has begun, I may refuse to participate further without penalty.

*If you would like to speak to someone about feelings or questions that may arise during the course of this survey please contact the Principal Investigator, Rochelle Lebovitch Steinwurtzel at rl40039n@pace.edu or 212-346-1506.

By clicking NEXT I am stating the following: that I am over 18 years of age, that I am fluent in English, and that I understand the above information, and consent to participate in this study, Collegiate project: A survey of eating disorder-related services and programs on college and university campuses, being conducted by Rochelle Steinwurtzel (rl40039n@pace.edu) and the National Eating Disorders Association.

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2. Programs and Resources Available to Students: Part I

*** 1. Please indicate how frequently each of the following programs and activities is available on your campus.**

| | Don't Know | 0 (not offered) | 1 (once per year) | 2 (once per semester) | 3 (monthly) | 4 (weekly) | 5 (daily, year round) |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| NEDAwareness Week events/activities | <input type="radio"/> |
| Therapy groups for students with eating disorders | <input type="radio"/> |
| Body image or "making peace with food" groups for students | <input type="radio"/> |
| Programs/workshops about eating disorders and body image issues | <input type="radio"/> |
| On staff Counselor/Psychologist/Psychiatrist with a specialty in eating disorders and body image issues | <input type="radio"/> |
| Individual psychotherapy to address eating disorders and body image issues | <input type="radio"/> |
| Articles in magazines, newsletters, or website for alumni | <input type="radio"/> |
| Web sites on campus servers (e.g., for health and counseling center) | <input type="radio"/> |
| Pamphlets or information sheets available to anyone who visits health or counseling center | <input type="radio"/> |
| On staff nutritionist with eating disorders specialty | <input type="radio"/> |
| Eating disorders Education Coordinator | <input type="radio"/> |
| Campus-wide opportunities for eating disorder screening evaluations | <input type="radio"/> |
| Residence life programs for first-year students | <input type="radio"/> |
| Residence life programs for training Resident Advisors and Community | <input type="radio"/> |
| Peer advisors to identify and refer disordered eating | <input type="radio"/> |
| Eating Disorders academic courses, for credit, offered in psychology public health, women's studies, etc. | <input type="radio"/> |
| Faculty-led research in which undergraduate and graduate students participate as collaborators or research assistants | <input type="radio"/> |
| Awareness programs sponsored and perhaps conducted by Greek Council, e.g., for sororities | <input type="radio"/> |

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Athletic Department screening and referral programs conducted by, sports medicine, sports psychologists, and/or athletic trainers

Prevention/education programs for athletes in high-risk endeavors such as gymnastics, wrestling, rowing, synchronized swimming, etc.

Coursework or special training opportunities to help those who are dietitians, fitness instructors, etc., to understand, identify, and refer people demonstrating the warning signs of disordered eating

Articles in the school newspaper about the nature, treatment, and/or prevention of eating disorders

Special sections of, or collections in, a library on campus

Please list other programs & services available on your campus and who coordinates them

Other (please specify)

2. Please specify the service providers of the programs your campus offers (i.e., Counseling Center, Women's Studies Department, specific student group, University Health Center).

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3. Programs and Resources Available to Students: Part II

*** 1. Please indicate how important each of the following programs and activities is, or could be (if not currently available), to your student body.**

| | 1 (not important at all) | 2 (not very important) | 3 (somewhat) | 4 (very) | 5 (extremely) |
|---|--------------------------|------------------------|-----------------------|-----------------------|-----------------------|
| NEDAwareness Week events/activities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Therapy groups for students with eating disorders | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Body image or "making peace with food" groups for students | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Programs/workshops about eating disorders and body image issues | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| On staff Counselor/Psychologist/Psychiatrist with a specialty in eating disorders and body image issues | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Individual psychotherapy to address eating disorders and body image issues | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Articles in magazines, newsletters, or website for alumni | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Web sites on campus servers (e.g., for health and counseling center) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pamphlets or information sheets available to anyone who visits health or counseling center | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| On staff nutritionist with eating disorders specialty | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eating disorders Education Coordinator | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Campus-wide opportunities for eating disorder screening evaluations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Residence life programs for first-year students | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Residence life programs for training Resident Advisors and Community | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peer advisors to identify and refer disordered eating | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eating Disorders academic courses, for credit, offered in psychology public health, women's studies, etc. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Faculty-led research in which undergraduate and graduate students participate as collaborators or research assistants | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Awareness programs sponsored and perhaps conducted by Greek Council, e.g., for sororities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Athletic Department screening and referral programs conducted by, sports medicine, sports psychologists, and/or athletic trainers

Prevention/education programs for athletes in high-risk endeavors such as gymnastics, wrestling, rowing, synchronized swimming, etc.

Coursework or special training opportunities to help those who are dietitians, fitness instructors, etc., to understand, identify, and refer people demonstrating the warning signs of disordered eating

Articles in the school newspaper about the nature, treatment, and/or prevention of eating disorders

Special sections of, or collections in, a library on campus

Please list other programs & services available on your campus and who coordinates them

Other (please specify)

4. Free Response Questions

1. Please tell us about the programs on your campus that you feel have been very successful, and why.

*** 2. Have any of the eating disorder services on your campus been evaluated?**

- Yes
- No
- I don't know

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5. Program and Services Evaluation Results

* 1. Please indicate which of the programs or services on your campus have been evaluated.

- NEDAwareness Week events/activities
- Therapy groups for students with eating disorders
- Body image or "making peace with food" groups for students
- Programs/workshops about eating disorders and body image issues
- On staff Counselor/Psychologist/Psychiatrist with a specialty in eating disorders and body image issues
- Individual psychotherapy to address eating disorders and body image issues
- Articles in magazines, newsletters, or website for alumni
- Web sites on campus servers (e.g., for health and counseling center)
- Pamphlets or information sheets available to anyone who visits health or counseling center
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- Coursework or special training opportunities to help those who are dietitians, fitness instructors, etc., to understand, identify, and refer people demonstrating the warning signs of disordered eating
- Articles in the school newspaper about the nature, treatment, and/or prevention of eating disorders
- Special sections of, or collections in, a library on campus
- Please list other programs & services available on your campus and who coordinates them

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2. For the programs/services you indicated above, how were they evaluated?

3. What were the results of the evaluations?

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6. Free Response

- * 1. What are the greatest challenges your institution faces in providing the best services for students with an eating disorder?**

- 2. What has your institution done to try to meet the challenges described in question 3?**

- * 3. What would constitute an "ideal" college campus for students with eating disorders recovering from an eating disorder, or at risk for developing an eating disorder?**

- 4. If you are not familiar with NEDA (see www.nationaleatingdisorders.org), would you be interested in learning more about National Eating Disorders Awareness Week and NEDA educational materials?**

- * 5. How can NEDA support your efforts to provide the best services and resources to your student body?**

- 6. What other questions should we be asking you and professionals at other colleges and universities?**

- * 7. Would you be willing to participate in follow-up interviewing to help the investigators gather more information regarding details about your campus' programs and services if necessary?**

Yes

No

If you selected "Yes," please indicate the best way to contact you.

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8. Would you like to receive the results of this survey?

Yes

No

If you selected "Yes," please provide the email address you would like to receive them at.

***9. The purpose of this study is to develop a database of services and programs available on college and university campuses as a resource for: (1) students and families seeking services to meet their needs appropriately on campuses, (2) professionals in the eating disorders field to learn about programs and to have a means of enhancing the dialogue that can help increase the number and quality of services on campuses around the nation, and (3) for up-and-coming professionals interested in eating disorders to know which campuses offer programs and services.**

Would you like to have the programs and services your campus offers listed in the Collegiate Programs and Resources database?

Yes

No

Maybe - Indicates you would like NEDA to follow up with you regarding permission to list programs and resources.

If you selected Yes or Maybe, please indicate the best contact person for follow-up.

7. Thank You!

Thank you for taking time out of your busy schedule to help us collect important information about the eating disorder programs and services available on college and university campuses. Feel free to forward this survey link to others that may be interested in participating.

If you would like to speak to someone about feelings or questions that may have arose during the course of this survey please contact the Principal Investigator, Rochelle Lebovitch Steinwurtzel at rl40039n@pace.edu or 212-346-1506.