

Participants Needed!

We are conducting a research study to:
**create physical activity support program for
individuals with an eating disorder and/or disordered
eating**

Are you eligible? ✓

- 18 years of age or older
- Self-identify with history of disordered eating or an eating disorder(s)
- Fluent in English
- Self-identify as being in recovery (also assessed using a questionnaire)

What will you be asked to do?

- Fill out a demographic questionnaire (~20 mins)
- Complete an online interview with a member of the research team on Zoom or Teams (~1 hour)
- Have the option to review interview summary and provide feedback (~30 minutes)



Total time commitment ~ 1.5-2 hours

\$20 Amazon gift card for participating in an interview

Interested or want more information?

Contact a member of the research team:

- sarah.galway@utoronto.ca
- catherine.sabiston@utoronto.ca

Or Scan the QR code!



**This study has been reviewed and received clearance from the
University of Toronto's Health Research Ethics Board (#00050669).**

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**create a physical activity support program for
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Are you eligible?

- 18 years of age or older ✓
- Fluent in English ✓
- Eating disorder, exercise, or research professional with 1 or more years experience providing support to clients/patients with an eating disorder or disordered eating

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