**Understanding psychological distress in individuals with perceived food intolerance: an exploratory study**

**Contact: Alessandra De Petrillo (****alessandra.de\_petrillo@kcl.ac.uk****)**

**Aim of Study:**

This study is being conducted with people who have food intolerance to explore if there are any factors that might be related to it and whether these factors may also influence people’s well-being. We are interested in looking at feelings like anxiety and depression, thoughts and beliefs about food, and how people cope with their condition. We would like to find out whether any of these characteristics are associated with food intolerance and if certain issues make people more or less likely to experience better or worse well-being.

**How You Can Help!**

We would love your feedback on our questionnaire. We have included standardized questionnaires that measure mood (anxiety and depression), quality of life, coping, stress, symptoms, thoughts and beliefs about symptoms.

Specifically, we would like to know:

1. Do the questionnaires all make sense to you?
2. How easy is it to understand our survey?
3. How long did it take you to complete the survey?
4. Do you think we have asked everything we need to ask?

**Next Step to Follow**

**Click this link to be taken to the study:** [https://kcliop.eu.qualtrics.com/jfe/form/SV\_b24W3S2aPhFG77n](https://kcliop.eu.qualtrics.com/jfe/form/SV_b24W3S2aPhFG77n%22%20%5Ct%20%22_blank)

1. Please first read the Information Sheet and sign the Consent Form to be part of this ‘focus group’ (10-15 minutes)
2. Please create your unique ID code (2-3 minutes)
3. Please complete the survey (20 min)
4. Please answer the focus group feedback questions (5 min)
5. Please email alessandra.de\_petrillo@kcl.ac.uk when complete for payment