

Eating Disorders Self Help Groups: Your views are needed

1. Are you someone who has reached out to a support group to help you whilst you wait for treatment?
2. Or you might be using a support group whilst you are having treatment.
3. Maybe you have been discharged from treatment and you still need support.

If this sounds like you then please read on.

About me

I am a facilitator of an ED Self Help Support group in London. I have been facilitating this group for 20+ years. I have had the honour of working with some amazing people who have joined the group midway through their recovery journey or right at the start. I have seen how valuable the group is in supporting sufferers who have no one to talk to about their ED which they often keep hidden from others. This inspired me to want to do a PhD to find out more as no one really knows fully what goes on in these different groups. I want to find out more and I need your help to tell that story.

This survey builds on a previous small-scale study that I carried out just over 18 months ago with nine sufferers who shared their personal stories with me. Some of their words have formed the structure of this bigger study.

Who can take part?

Anyone who is over 18 years old, has an ED/or has had an ED and has attended or is attending some form of an ED SHG e.g., a face to face group or online support group.

What does the research involve?

The research involves answering a series of questions about your experiences of ED SHGs in an online questionnaire. It should take no longer than 15 minutes.

How can someone take part?

Participation is through the following link which will open in a new window. [Click here](#)

The survey can be completed using a mobile device or a laptop/computer. If you have any questions, please email me at sd17acw@herts.ac.uk

Thank you very much,

