

# Graduate Women NZ- Mid- fellowship report

Hannah Jones- May 2020- Doctoral Student

Kia ora GWNZ,

Thank you for the opportunity to provide a mid-fellowship progress report. I consider myself to have made steady progress in my research in the six months since receiving the fellowship, so am pleased to share these developments with you now. During the university year I am concurrently enrolled in another qualification so the summer months brought a welcomed opportunity to conduct some solid research.

My PhD aims to examine predictors of body dissatisfaction in three eating disorder samples and in a group of university students. The predictors being examined include self-esteem, mood, temperament and character, parental bonding and social functioning. It is planned that the results for each sample will be written as a journal article, meaning the PhD will consist of four publications. An overall introduction and discussion will tie the articles together into a cohesive whole.

The first journal article, which examines predictors of body dissatisfaction in a sample of women with bulimia nervosa was written prior to receiving the fellowship. I have received feedback on this manuscript from my co-authors and am currently working on integrating this into the piece.

The draft for the second journal article was also written in the past six months. This study assesses predictors of body dissatisfaction in women with transdiagnostic binge eating disorders, including bulimia nervosa and binge eating disorder. My supervisors and I hypothesised that the results would be similar to the previous study given both samples included women with bulimia nervosa. Some of the variables that predicted body dissatisfaction in the bulimia nervosa sample also predicted body dissatisfaction in the transdiagnostic binge eating disorder sample. These included self-esteem, self-transcendence (the tendency to view oneself as an integral part of the universe) and social dysfunction. The main differences between the results of the two studies were the temperament and character traits that predicted body dissatisfaction. This may highlight differences in the temperamental profile of different eating disorder groups.

The third study of the PhD involves first year psychology students completing an online survey consisting of questionnaires measuring body dissatisfaction and the hypothesised predictors. Therefore, the other tasks completed over the summer were writing a human ethics application and creating the survey for this study. The process of writing the human ethics application not only helped me consider ethical aspects of the research but also facilitated the survey design and planning. I consider the process to have also helped me identify holes in the study design and methodology. After applying for human ethics, I created the online survey on Qualtrics software. I really enjoyed this aspect of the research because I saw my plans coming to life. The survey went live to participants in February/March this year and I am lucky enough to already have 350 sign ups. I have been granted unlimited spaces for participants so hopefully this number will continue to grow! Due to the remote design of the survey and the timing of which it went live, there has been little to

no disruption to recruitment given the current Covid-19 situation. Participants can continue to sign up for the study and complete the survey from home. I am very lucky in this regard and because of it recruitment should not be significantly impacted. Students will be able to participate in the study until the end of May after which I will commence data analysis.

This concludes my summary of the progress I have made on my research in the past six months. Thank you again for your support in conducting this research. Body dissatisfaction and eating disorders have a negative impact on women all over the world so it is hoped that this research will identify targets for the prevention and alleviation of body discontent.

A handwritten signature in black ink, appearing to read 'H Jones', written in a cursive style.

Hannah Jones