

## Survey Consent Form

### Survey on Evaluation of Body Composition, Body Image, Weight Control Behaviours and Eating Attitudes among Adolescent and Young Adult Athletes in Hong Kong

#### Introduction

I am CHEUNG Chi Man, a student of the MSc in Sport and Exercise Nutrition programme offered by HKU SPACE and Ulster University, UK. I will conduct a research project on the Evaluation of Body Composition, Body Image, Weight Control Behaviours and Eating Attitudes among Adolescent and Young Adult Athletes in Hong Kong, and would like to invite adolescent and young adult athletes in Hong Kong Sports Institute (HKSI) to participate. The aim of study is to investigate the body weight satisfaction, weight control behaviours, and eating attitudes among Hong Kong athletes who aged between 11 and 35 years old, and to identify individual characteristics including body weight, body mass index, body image and types of sports as possible contributors to eating disorder risk.

Participant will complete a specially designed questionnaire. The questionnaire contained questions on socio-demographic information, weight control behaviours, body weight satisfaction, self-esteem, and the Eating Attitudes Test–26 (EAT-26). Subsequently, anthropometric data (i.e. body weight, height and body fat percentage) will be measured using tape and bioelectrical impedance analysis. All information obtained will be used for research purposes only and will be kept confidential. Participant will not be identified by name in any report of the completed study. The reason why the athlete identification number required in the questionnaire is to provide the relevant information to dietitians from HKSI for follow-up if high risk of eating disorders of the participants has been identified (EAT-26 score  $\geq$  20). Any data containing personal identifiers will be kept for 3 years and will be deleted afterwards. Participation is entirely voluntary. This means that you can choose to stop at any time without negative consequences.

If you have any questions about the research, please feel free to contact Mr. CHEUNG Chi Man, Leo at 51144450 (Email: [leocheungcm@gmail.com](mailto:leocheungcm@gmail.com)). If you want to know more about the rights as a research participant, please contact the HKU SPACE Research Ethics Committee ([rec@hkuspace.hku.hk](mailto:rec@hkuspace.hku.hk)).

- I understand the procedures described above and agree to participate in this study
- I agree to provide the Athlete ID number
- (tick boxes and sign the form, and proceed to the Questionnaire)

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Signature

## 調查同意書

### 香港青少年運動員身體組成、身體形象、體重控制行為及飲食態度評估調查

#### 簡介

我是張志文，現就讀香港大學主修進修學院與英國阿爾斯特大學合辦的體育及運動營養學碩士課程。我將進行一個關於香港青少年與年輕成年運動員身體組成、身體形象、體重控制行為和飲食態度評估的研究項目，並邀請香港體育學院的青少年與年輕成年運動員參與。本研究的目的是調查年齡介乎 11-35 歲香港運動員的體重滿意度、體重控制行為和飲食態度，並研究個人特徵，包括體重、體重指數、身體形象和運動類型飲食失調風險的可能因素。

參與者需要完成一份專門設計的問卷。問卷包含社會人口統計資料、體重控制行為、體重滿意度和飲食態度測試-26 (EAT-26) 的問題。隨後，將使用捲尺和生物電阻抗分析來測量人體測量身體組成（即體重、身高和體脂百分比）。所獲得的所有資訊將僅用於研究目的，並將予以保密。在已完成研究的任何報告中都不會透露參與者的姓名。問卷中需要運動員識別號碼，是為了在參與者被識別為飲食失調高風險者時（EAT-26 評分 $\geq$ 20），為香港體育學院營養師提供後續跟進的相關資訊。任何包含個人識別符的資料將保存 3 年，之後將被刪除。參與完全是自願的。這意味著您可以隨時選擇停止，而不會產生負面後果。

如對研究有任何疑問，請隨時聯絡張志文先生，電話：51144450（電郵：[leocheungcm@gmail.com](mailto:leocheungcm@gmail.com)）。如欲了解更多有關研究參與者的權利，請聯絡香港大學專業進修學院研究操守委員會（[rec@hkuspace.hku.hk](mailto:rec@hkuspace.hku.hk)）。

- 我了解上述程序並同意參與本研究
  - 我同意提供運動員識別號碼
- （勾選方框並簽署表格，然後繼續填寫問卷）

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Signature 簽名

# Informed Parental Consent Form

(For participant aged under 18 years)

## Survey on Evaluation of Body Composition, Body Image, Weight Control Behaviours and Eating Attitudes among Adolescent and Young Adult Athletes in Hong Kong

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I invite your child to take part in the research study and he / she will complete a specially designed questionnaire. The questionnaire contained questions on socio-demographic information, weight control behaviours, body weight satisfaction, self-esteem, and the Eating Attitudes Test-26 (EAT-26). Subsequently, anthropometric data (i.e. body weight, height and body fat percentage) will be measured using tape and bioelectrical impedance analysis. All information obtained will be used for research purposes only and will be kept confidential. Participant will not be identified by name in any report of the completed study. The reason why the athlete identification number required in the questionnaire is to provide the information to dietitians from HKSI for follow-up if high risk of eating disorders of the participants has been identified (EAT-26 score  $\geq$  20). Any data containing personal identifiers will be kept for 3 years and will be deleted afterwards. Participation is entirely voluntary. This means that your child can choose to stop at any time without negative consequences.

If you have any questions about the research, please feel free to contact Mr. CHEUNG Chi Man, Leo at 51144450 (Email: [leocheungcm@gmail.com](mailto:leocheungcm@gmail.com)). If you want to know more about the rights as a research participant, please contact the HKU SPACE Research Ethics Committee ([rec@hkuspace.hku.hk](mailto:rec@hkuspace.hku.hk)).

I understand the procedures described above and agree my child to participate in this study (tick box and sign the form)

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Signature

# 家長知情同意書

(適用於 18 歲以下的參與者)

香港青少年運動員身體組成、身體形象、體重控制行為及飲食態度評估調查

## 第一部分 - 簡介

我是張志文，現就讀香港大學主修進修學院與英國阿爾斯特大學合辦的體育及運動營養學碩士課程。我將進行一個關於香港青少年與年輕成年運動員身體組成、身體形象、體重控制行為和飲食態度評估的研究項目，並邀請香港體育學院的青少年與年輕成年運動員參與。本研究的目的是調查年齡介乎 11-35 歲香港運動員的體重滿意度、體重控制行為和飲食態度，並研究個人特徵，包括體重、體重指數、身體形象和運動類型飲食失調風險的可能因素。

我邀請您的孩子參加這項研究，他/她將完成一份專門設計的問卷。問卷包含社會人口統計資料、體重控制行為、體重滿意度和飲食態度測試-26 (EAT-26) 的問題。隨後，將使用捲尺和生物電阻抗分析來測量人體測量身體組成（即體重、身高和體脂百分比）。所獲得的所有資訊將僅用於研究目的，並將予以保密。在已完成研究的任何報告中都不會透露參與者的姓名。問卷中需要運動員識別號碼，是為了在參與者被識別為飲食失調高風險者時 (EAT-26 評分 $\geq$ 20)，為香港體育學院營養師提供後續跟進的相關資訊。任何包含個人識別符的資料將保存 3 年，之後將被刪除。參與完全是自願的。這意味著您的孩子可以隨時選擇停止，而不會產生負面後果。

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我了解上述程序並同意我的孩子參與本研究 (勾選方框)

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簽名

**The inclusion criteria for the participants are the following:**

- (a) A Chinese citizen born in Hong Kong, or a Chinese citizen who has ordinarily resided in Hong Kong for a continuous period of > 7 years,
- (b) providing personal and parental/ guardian consent,
- (c) able to complete the questionnaires, and
- (d) a full-time or part-time athletes under training at the Hong Kong Sports Institute.

**The exclusion criteria are:**

- (a) not providing personal and parental consent,
- (b) unable to provide information (i.e., complete the study's questionnaires),
- (c) having health-related problems or diagnosis (e.g., physical disabilities, diabetes mellitus etc)
- (d) participants with implanted cardiac devices.

**參與者應符合以下標準：**

- (a) 在香港出生的中國公民，或在香港通常居住連續 7 年以上的中國公民，
- (b) 提供個人和父母/監護人的同意，
- (c) 能夠完成問卷，
- (d) 並且在香港體育學院接受訓練的全職或兼職運動員。

**排除參與標準如下：**

- (a) 不提供個人和家長的同意，
- (b) 無法提供資訊（即完成研究問卷），
- (c) 有健康相關問題或診斷（例如身體殘疾、糖尿病等）
- (d) 植入心臟裝置的參與者。