

# University students' understanding and opinions of eating disorders: A qualitative study

## Additional file 1: Interview guide

### Authors:

**Millie Manning**, Medical School, University of Birmingham,  
Edgbaston, Birmingham, B15 2TT

**Professor Sheila Greenfield\***, Institute of Applied Health  
Research, University of Birmingham, West Midlands, UK

\*Corresponding author (correspondence to S.M.GREENFIELD@bham.ac.uk)

## **Interview topic guide**

### **Introduction**

- Introduce self, outline nature of research and length of interview
- Go through consent form, reiterate that the interview focuses around eating disorders so may involve sensitive topics
  - Ensure they understand they can stop the interview at any time and don't have to answer anything they don't feel comfortable doing
- Obtain verbal informed consent and written consent
- Check they are happy to begin
  - Reiterate there is no wrong answer to any question

### **Understanding of the term 'eating disorder'**

- What do you understand by the term 'mental illness'?
- What do you understand by the term 'eating disorder'?
  - Probe: How is this different to other mental illnesses?
  - Probe: Understanding of different types i.e. anorexia nervosa or bulimia nervosa

### **Knowledge of eating disorders**

- Do you know any of the symptoms of eating disorders?
  - Probe: Symptoms for each type they know about
  - Probe: Characteristics of an eating disorder sufferer
    - Probe: Personality type
    - Probe: How would they feel?
- Are you aware of any of the causes of EDs?
  - Probe: Contribution of social factors, personality, genetics, environment
    - Probe each one
  - Probe: How common do you think eating disorders are?
- Do you know what the treatments are for an eating disorder?
  - Probe: Therapy, inpatient stays, social support
  - Probe: Do you think there would be any difficulties in treatment?
- Do you think a person with an ED is able to recover?
  - Probe: Relapse
  - Probe: Do you think people can ever make a full recovery?
  - Probe: Would it be distressing to have an eating disorder?
- If you suspected a friend had an eating disorder, what would you do?
  - Probe: Role of GP/friends/family
- If you suspected you had an ED, would you be happy to seek help?
  - Probe: Is there anything that would stop you seeking help?
  - Probe: Stigma

### **Conclusion**

- Is there anything else you would like to add about eating disorders or your own experiences?
- Thank participant
- They will receive amazon e-giftcard via their student email