

The research study:

This study will be conducted in partnership with MIHI (Māori Indigenous Health Institute) and the University of Otago Christchurch. Our goal is to explore the Māori experience of eating disorders. The study has been approved by the New Zealand Health and Disability Ethics committee.

What will the kōrero involve?

You and your whānau will be invited to share your kōrero with our research team. It is likely that these interviews will take 60 minutes. These interviews may be conducted in person (kanohi ki te kanohi) if you are living in Christchurch, or by skype, facetime or telephone if you prefer. A small koha will be provided in appreciation for your time.

What are the benefits and risks of this study?

The experiences that you share will add to our understanding of eating disorders in Maori, which will hopefully help to improve the provision of health services and the support available. Note, it can be uncomfortable thinking or talking about the impacts of the eating disorder on your life. You can decline to answer questions or can stop the interview and pull out of the study at any time.

Referrals are welcome for people who:

- Identify as Māori
- Have been diagnosed with an eating disorder or have had a self-identified eating disorder at some stage in your life
- Are 16 years or older

For more details or to discuss a referral, please contact:

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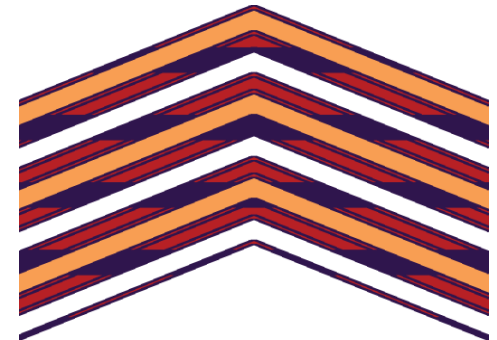
Tangata Kōmaramura

People who have challenges with eating habits

Māori

Experiences of Eating Disorders

Can you help us?



Ngā Tae Hauora The Colours of Well-being



CHRISTCHURCH

mīhi

māori/indigenous health institute



CHRISTCHURCH

mīhi

māori/indigenous health institute

Ehara taku toa i

Te toa takatahi.

Engari, he toa takatini.

*My strength is not the strength of one
It is the strength of many*

What is the kaupapa for this study?

Very little is known about the experience of Māori with eating disorders, or their views about treatment services for them.

We are looking for Māori tāne and wāhine participants across Aotearoa who have experienced a major eating disorder during their lifetime. We would like to kōrero about this experience to understand how this has impacted you, including your relationships with whānau and friends, your mahi (work), or other important areas of your life.

Are eating disorders a problem for Māori?

Research suggests that eating disorders are at least as common in Maori as in non-Māori, yet very little investigation of this has been completed. That is why we are interested in exploring Māori experiences of eating disorders.

What eating disorders are we investigating?

We are looking for whānau believe they may have experienced the following conditions:

- Anorexia nervosa
- Bulimia nervosa
- Binge-eating disorder

Anorexia nervosa involves extreme weight loss caused by intentionally not eating enough food and/or excessive exercise, along with significant weight or shape concerns affecting self-esteem or not recognizing the seriousness of the illness.

Bulimia nervosa involves regular binge eating (feeling a loss of control and eating large amounts of food in a short period of time), followed by efforts to avoid weight gain including excessive exercise, purging (vomiting) or using laxatives.

Binge-eating disorder (BED, sometimes known as compulsive overeating), involves frequent binge eating as in bulimia nervosa but the person does not purge or use other compensatory behaviours. It is very different to the common issue of overeating in that it is usually marked by; distress about the loss of control, guilt and shame, and an inability to stop binge eating. People with BED often have higher body weight and body dissatisfaction.

What will participation involve?

If you think you may be eligible to participate in this study you will be invited to share your kōrero in an interview with a member of our research team.

You may also wish to have a member of your whānau support you during the interview. Study interviews will be recorded and are likely to take around an hour of your time.

If you are living in Christchurch you will have the option to be interviewed over the phone or kanohi ki te kanohi (face to face). A time and place that is convenient for you will be arranged. If you are living elsewhere, interviews by skype, facetime or by telephone will be organised depending on what you prefer.

We will ask you and your whānau a series of questions about your experience of having an eating disorder. This might include talking about your views on the causes of the eating problems, your experiences of treatment and health services and what has helped you in recovery.

Please find contact details to our research team on the back of the information brochure.