Study 1: Materials

# 1. Consent form



**CONSENT FORM**

***The effect of friendship groups on word-based problem-solving***

I have read the Information Sheet for this study and have had the details of the study explained to me. My questions about the study have been answered to my satisfaction, and I understand that I may ask further questions at any time.

I also understand that: I am free to withdraw from the study at any time up until the end of the study, that I can decline to answer any particular questions in the study, and can decline to complete any task requested of me. I agree to provide information to the researchers on the understanding that it is completely confidential, and that it will be made anonymous following study completion. I understand that the information will be stored in manual and electronic files, and *anonymised* data may be made available to other researchers via a data sharing archive. All data will be held subject to the provisions of the General Data Protection Regulation (2018). I acknowledge that the information provided is being used by the University in accordance with the Act.

**I confirm that I wish to participate in this study under the conditions set out here and in the Information Sheet**

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Researcher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 2. Allergy screening questionnaire

**Participant Initials\_\_\_\_\_\_ Participant Number (Post Allocation)\_\_\_\_\_\_\_**

This questionnaire is designed to establish your suitability for this research project. The questionnaire will not be used as part of the study data but will be kept separately and securely for your well-being during the study.

Some of the questions ask about personal information. If you do not wish to answer please let the researcher know. All information taken is confidential.

**Please answer as honestly as possible.**

1. Are you taking or using any medicine or any other drug, **Yes / No**

either from your doctor or on your own accord?

If so, please list the items below:

­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Will your use of this medication alter during the course of the study? **Yes / No**

3. Are there any foods you don't eat?  **Yes / No**

If so, please state what and why.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Are you allergic to anything that you are aware of? **Yes / No**

5. The following foods have been known to cause allergies. Have you

ever consumed these foods **AND** had an allergic reaction to them?

|  | **Previously Consumed** | **Allergic Reaction** |
| --- | --- | --- |
| **Peanuts** | **Yes / No** | **Yes / No** |
| **Nuts** | **Yes / No** | **Yes / No** |
| **Dairy produce** | **Yes / No** | **Yes / No** |
| **Seeds** | **Yes / No** | **Yes / No** |
| **Eggs** | **Yes / No** | **Yes / No** |
| **Fish** | **Yes / No** | **Yes / No** |
| **Shellfish** | **Yes / No** | **Yes / No** |
| **Soy(a)** | **Yes / No** | **Yes / No** |
| **Celery** | **Yes / No** | **Yes / No** |
| **Mustard** | **Yes / No** | **Yes / No** |
| **Strawberries** | **Yes / No** | **Yes / No** |
| **Cherries** | **Yes / No** | **Yes / No** |

|  | **Previously Consumed** | **Allergic Reaction** |
| --- | --- | --- |
| **Kiwifruit** | **Yes / No** | **Yes / No** |
| **Pulses** | **Yes / No** | **Yes / No** |
| Foods containing **sulphur dioxide/sulphites sulphites** (eg soft drinks, white wine, dried fruits) | **Yes / No** | **Yes / No** |
| Foods containing **lupin** (eg, seeded bread, pastries) | **Yes / No** | **Yes / No** |
| Foods containing **gluten** (eg wheat, rye, barley, oats) | **Yes / No** | **Yes / No** |
| Foods containing **lactose** (eg milk, cheese, ice-cream) | **Yes / No** | **Yes / No** |
| Foods containing **salicylates** (eg dried plums, dates, figs, mushrooms) | **Yes / No** | **Yes / No** |

6. Are there any foods which make your mouth, lips or throat tingle? **Yes / No**

7. Have you ever suffered from anaphylaxis or anaphylactic shock? **Yes / No**

8. Did you suffer from severe childhood allergies? **Yes / No**

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|  |  |
| --- | --- |
| **Date Screened**  **Researcher** | **All questions answered Yes / No**  **Suitable for study Yes / No** |

# 3. Appetite and liking ratings

By drawing a vertical line through the scale below, please indicate how HUNGRY you feel right now.

0 100

Not at all Extremely

By drawing a vertical line through the scale below, please indicate how FULL you feel right now.

0 100

Not at all Extremely

By drawing a vertical line through the scale below, please indicate how much you LIKED the taste of the pasta.

0 100

Didn’t like it at all Liked it a lot

# 4. Demand characteristics

**What do you think was the aim of the study?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 5. Demographics/friend familiarity

**How old are you?** \_\_\_\_\_\_\_\_\_

**For how long have you known your friend with which you participated in the study?**

**On a scale of 1-10 (10 being the most), how well do you think you know your friend?**

**Not very well Very well**

1 2 3 4 5 6 7 8 9 10

**On a scale of 1-10 (10 being the most), how close do you feel you are with your friend?**

**Not very close Very close**

1 2 3 4 5 6 7 8 9 10

**What is your ethnic group?**

Choose one option that best describes your ethnic group or background

1. English/Welsh/Scottish/Northern Irish/British  
2. Irish  
3. Gypsy or Irish Traveler  
4. Any other White background, please describe \_\_\_\_\_\_\_\_\_\_\_

5. White and Black Caribbean  
6. White and Black African  
7. White and Asian  
8. Any other Mixed/Multiple ethnic background, please describe \_\_\_\_\_\_\_\_\_\_

9. Indian  
10. Pakistani  
11. Bangladeshi  
12. Chinese  
13. Any other Asian background, please describe \_\_\_\_\_\_\_\_\_\_

14. African  
15. Caribbean  
16. Any other Black/African/Caribbean background, please describe \_\_\_\_\_\_\_\_\_\_\_

17. Arab  
18. Any other ethnic group, please describe \_\_\_\_\_\_\_\_\_\_\_\_

# 6. Attribution questionnaire

**Please rate whether, and to what extent, each of the factors listed below influenced how much food you served yourself.**

Did not influence me

Made me eat more than I normally would

Made me eat less than I normally would

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | -4 | -3 | -2 | -1 | 0 | 1 | 2 | 3 | 4 |
| How hungry I was |  |  |  |  |  |  |  |  |  |
| My mood |  |  |  |  |  |  |  |  |  |
| Medical condition |  |  |  |  |  |  |  |  |  |
| The presence of my friend |  |  |  |  |  |  |  |  |  |
| The absence of my friend |  |  |  |  |  |  |  |  |  |
| To get ‘energy’ for the problem-solving task |  |  |  |  |  |  |  |  |  |
| How ‘tasty’ I thought the meal would be |  |  |  |  |  |  |  |  |  |
| What was expected of me |  |  |  |  |  |  |  |  |  |
| It was free food |  |  |  |  |  |  |  |  |  |

**On the previous questionnaire, if you indicated that the presence of your friend made you eat more or less, please write down *why* you ate more/less when you were with your friend.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 7. Three-Factor Eating Questionnaire

1. When I smell a delicious food, I find it very difficult to keep from eating, even if I have just finished a meal.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. I deliberately take small helpings as a means of controlling my weight.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. When I feel anxious, I find myself eating.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. Sometimes when I start eating, I just can't seem to stop.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. Being with someone who is eating often makes me hungry enough to eat also.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. When I feel blue, I often overeat.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. When I see a real delicacy, I often get so hungry that I have to eat right away.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. I get so hungry that my stomach often seems like a bottomless pit.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. I am always hungry so it is hard for me to stop eating before I finish the food on my plate.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. When I feel lonely, I console myself by eating.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. I consciously hold back at meals in order not to weight gain.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. I do not eat some foods because they make me fat.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. I am always hungry enough to eat at any time.

Definitely true (4)/ mostly true (3)/ mostly false (2)/ definitely false (1)

1. How often do you feel hungry?

Only at meal times (1)/ sometimes between meals (2)/ often between meals (3)/ almost always (4)

1. How frequently do you avoid “stocking up” on tempting foods?

Almost never (1)/ seldom (2)/ usually (3)/ almost always (4)

1. How likely are you to consciously eat less than you want?

Unlikely (1)/ slightly likely (2)/ moderately likely (3)/ very likely (4)

1. Do you go on eating binges though you are not hungry?

Never (1)/ rarely (2)/ sometimes (3)/ at least once a week (4)

1. On a scale of 1 to 8, where 1 means no restraint in eating (eating whatever you want, whenever you want it) and 8 means total restraint (constantly limiting food intake and never “giving in”), what number would you give yourself?

# 8. Word-based problem solving task

These words can be re-arranged to make other words found in the English language. Your task is to write down the word they can be re-arranged to make as quickly as possible. Some words may have more than one solution, you only need to write one for each word. If you get stuck on one please move on to the next one. You can come back to it. You have 5 minutes to complete as many as you can.

LEPER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RAT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ROPES? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PIER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CALLER?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LAST? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TROUT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ APT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TOUGHS?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SURF? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FEAT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TACIT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NEARER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CAUSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FILETS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ZONED? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CONE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MACE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POTION? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ REFILL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FREE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ICON? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FIBER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LURES? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DADS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SHRUB? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MANORS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MARINE?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SUNLIT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DIAL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DAIRY? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MELON?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FACE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EVIL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DICE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PACE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ITEM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAILS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOOM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MOIST?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PANEL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DIET? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ NIGHT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ROBES? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SAINT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RELAY? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SATIN? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FROM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ VASES? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SCARE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OCEAN? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

INCH? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GODS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SWIPE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ THERE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MONO? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TONED? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DISK? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ VETO? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These words can be re-arranged to make other words found in the English language. Your task is to write down the word they can be re-arranged to make as quickly as possible. Some words may have more than one solution, you only need to write one for each word. If you get stuck on one please move on to the next one. You can come back to it. You have 5 minutes to complete as many as you can.

RIFLE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ QUIET? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TRAY? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LOOT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LAYER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RUNTS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FLESH? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LOTS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HAS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MARCH? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LEEKS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TRAMS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DAM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ANT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LICKS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SLITS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LISTS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CAUSE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COSMIC? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CHASE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CLAM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GREASE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LOIN? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MARS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PALM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TAPE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COAL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HEATER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CORAL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DEALER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BOWL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FLEES? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BOSS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ URN? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NOW? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BLOW? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BEAR? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ YAP? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COOL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EAST? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GULP? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FOWL? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

IDEA? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ IDLE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

THAW? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CHARM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EAGER? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FREAK? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADVERB? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ KILLS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MEAT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FORTH? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OMITS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ WASPS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FUELS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HEIRS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OUGHT? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ POOLS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 9. Debrief



Debrief

***The effect of friendship groups on word-based problem-solving***

Thank you for taking part in our research. The purpose of the study was to examine whether people would serve themselves more food when they are going to be eating with a friend, compared to when eating alone. Previous research suggests that people tend to eat more when eating with others and this is known as the ‘social facilitation of eating’. However, research is yet to identify the mechanisms behind this effect. One possibility is that people plan to provide more food when they know they will be eating socially (Herman, 2015). This is consistent with evidence that meal size and food intake is planned *prior* to eating (Fay et al., 2011). By conducting this research, we aim to advance scientific understanding about the social facilitation of eating, and develop practical advice for preventing overeating in social situations.

**For further information, please see:**

Herman, C.P. (2015). The social facilitation of eating: A review. *Appetite, 86,* 61-73.

Fay, S.H., Ferriday, D., Hinton, E.C., Shakeshaft, N.G., Rogers, P.J., & Brunstrom, J.M. (2011). What determines real-world meal size? Evidence for pre-meal planning. *Appetite, 56,* 284-289.

**What if I want advice about my eating?**

We are not qualified to offer advice ourselves, but if you are concerned about your eating or drug/alcohol use, we advise you to seek information and advice from your Doctor.

The following helplines and websites may also be helpful:

**Eating disorders helpline and website for binge eating disorder, anorexia nervosa, and bulimia nervosa.**

BEAT: 0808 801 0677

<https://www.beateatingdisorders.org.uk>

**If you have any questions, please contact the principal investigator:**

Professor Suzanne Higgs

School of Psychology

52 Pritchatts Road

University of Birmingham

Edgbaston

Birmingham, UK

B15 2TT

Tel: 0121 414 4907

Room: 121 Pritchatts Road

E-mail: s.higgs.1@bham.ac.uk