**Appendix 4a: Information Sheet Study 2 (18+)**

Thank you for signing up for this. Before you decide whether you would like to continue participating, you must understand why this study is being conducted, what your participation will involve and how your data will be processed. Please read the information here carefully and get back to the research team if anything is unclear.

**What is the purpose of this study, and what will my participation involve?**

This study explores body image among people who identify as trans men.

If you decide to participate:

* You will complete a short survey asking about your age, ethnicity, country of residence, gender identity, and sexual orientation.
* We will also ask you whether you have ever accessed gender-affirming care. These questions may be sensitive (“Have you undergone genital-affirming surgery?”).
* Your data will only be recorded alongside your Prolific ID; personal information such as your name/email address will not be recorded.
* You will be invited for a 1-hour interview where topics relating to body image will be discussed.

We will take audio and video recordings during the interview. Only the research team will have access to these recordings. The audio will be extracted (removing the video), and these audio files will be used to create interview transcripts.

**Who is eligible to participate in the study?**

We invite White self-identifying trans men aged 16-30 to participate in this research. We also ask that only participants who live in the following countries participate: *the United Kingdom, Canada, the Netherlands, Germany, Belgium, Finland, Italy, Spain, Austria, France, Portugal, Sweden, Slovenia, Malta, Luxembourg, Denmark, and Czechia.* Any participants who do not reside within these countries or meet the criteria above are not eligible to participate. We thank you for your time.

**Is my participation voluntary, and do I have the right to withdraw?**

Your participation is entirely voluntary. If you decide to participate in this study, you will need to give your consent, which means telling us that you understand the research and would like to take part.

You have the right to withdraw from the study at any point whilst completing it, and you may withdraw your data at any point up to 2 weeks after today’s date. If you would like to withdraw (and permanently delete) your data after completing the study, please contact the research team via a message through Prolific or via our email address provided below. Should you contact us via email, we encourage you to use your Prolific email address to preserve your anonymity. Please be aware that you may lose anonymity if you contact us using an email address that contains personal information (e.g., your name) to withdraw your data. However, upon your request, your data and your email will be permanently deleted and not used in any data analysis. You do not have to provide any reasons for withdrawing, and if you have been compensated for your participation, you may keep this. All data will be handled appropriately and consistently in accordance with GDPR.    
   
During the interview, you can ask the interviewer to take a break, or you can end the interview at any point. You do not have to give a reason for this. We will immediately delete any partial recordings if you end the interview. If you withdraw your data after submitting, this will not affect your Prolific payment.

**Anonymity, Confidentiality, Storage, and Disposal of Information Collected.**

All information collected from you will be stored securely for 10 years on password-protected Nottingham Trent University systems. Only the research team (identified below) will have access to this data. Any identifying information (e.g., your name, any location names) will be removed and anonymised. For instance, we will change “Nottingham” to a “Town/City in the East Midlands”. This will ensure that the transcripts cannot be traced back to you.

The results of this study may be presented at academic conferences and/or academic publications; the fully anonymised dataset will be shared with the wider research team. We will also allow you to make your anonymised transcripts available to other researchers or interested parties. This is consistent with making research as open as possible. If you agree, we will upload these anonymised transcripts to the UK Data Service (<https://ukdataservice.ac.uk/find-data/access-conditions/safeguarded-access/>). Access to the data will be safeguarded, meaning only researchers who agree to the UK Data Service’s terms can use it. They must follow rules, like not sharing the data without our permission.

**Are there any benefits/risks to taking part [e.g., health]?**

If you join us through Prolific, you will be compensated with £10 for your time. We aim to process these payments within 5 working days from submission.

By participating in this research, you will be compensated for your time. You will also be contributing toward a study which aims to explore a currently neglected area of research. If you would like to hear about the findings of the research, please contact a member of the research team (contact details below).

If you feel uncomfortable with any questions asked during the interview, you do not need to answer them or give a reason. The researcher will also be ensuring that you are comfortable during the interview. If they notice you are potentially distressed, they will ask if you want to continue. You do not need to continue. However, the researcher will not end the interview unless you wish. If you do wish to end the interview at any time, this will not affect your compensation.

Your health will not be put at risk during your participation in the study, and we do not anticipate any significant risks to you because of participating in this research. If you feel concerned about your body having participated in this study, please speak to your general practitioner and / or refer to the sources of support made available in this form and debrief screen.

If you feel that you would benefit from a proper diagnosis, or if you experience any discomfort or distress at any point, please discuss this with your general practitioner or another suitably qualified medical practitioner.

We have also provided three further support links below:

[Beat](https://www.beateatingdisorders.org.uk/)    
[Young minds](https://www.youngminds.org.uk/young-person/coping-with-life/body-image/)   
[Mental Health Foundation](https://www.mentalhealth.org.uk/explore-mental-health/body-image)

**Has anyone reviewed this study?**

This study was reviewed by the Schools of Business, Law and Social Sciences Research Ethics Committee, Nottingham Trent University and has received a favourable ethics opinion.

**Contact Information**

Please let the researchers know if you want further information or have any questions about this study. The content information for the research

Liam Cahill | [liam.cahill@ntu.ac.uk](mailto:liam.cahill@ntu.ac.uk); +44 115 84 841123 (Principal Investigator)

Chase Staras | [chase.staras@ntu.ac.uk](mailto:chase.staras@ntu.ac.uk)   
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Beth Jones | [beth.jones@ntu.ac.uk](https://myntuac-my.sharepoint.com/personal/liam_cahill_ntu_ac_uk/Documents/Research/TGD%20Body%20Image/Ethics/beth.jones@ntu.ac.uk )  
Daragh McDermott | [daragh.mcdermott@ntu.ac.uk](https://myntuac-my.sharepoint.com/personal/liam_cahill_ntu_ac_uk/Documents/Research/TGD%20Body%20Image/Ethics/daragh.mcdermott@ntu.ac.uk )

NTU Psychology, Nottingham Trent University

50 Shakespeare Street, Nottingham, NG1 4FQ

Should you wish to discuss this study with somebody other than the research team, please get in touch with the Head of Academy at NTU Psychology, Dr Duncan Guest ([duncan.guest@ntu.ac.uk),](mailto:duncan.guest@ntu.ac.uk) Nottingham Trent University, 50 Shakespeare Street, Nottingham, NG1 4FQ.

Please get in touch with the Data Protection Officer if:

* You have a query about how the University uses your data.
* You would like to report a data security breach (e.g., if your personal data has been lost or disclosed inappropriately).
* You would like to complain about how the University has used your data.

Data Protection Officer  
Nottingham Trent University  
Address: 50 Shakespeare Street, Nottingham, NG1 4FQ  
Email: [DPO@ntu.ac.uk](mailto:DPO@ntu.ac.uk)

**Appendix 4b: Consent form Study 2 (18+)**

*(Dear ethics committee, please note that all statements in this section are mandatory, and participants will not be able to proceed to the survey until they have responded “yes” to all statements – we will use branch logic to ensure that participants who select “no” on any of the items below will be redirected to an end of survey message and their response will be returned to Prolific).*  *The final option is not mandatory, and participants can progress if they do not tick yes to this*

Please read and confirm your consent to participate in this study by

Responding to each statement below.

* I have read the information text relating to the study above and understand the purposes of the study and what will be required of me.
* If I had any questions, these have been asked and have been answered to my satisfaction.
* I understand that my participation is entirely voluntary and that I have the right to withdraw from the study whilst completing it or within two weeks of participating without providing reasons and that any data withdrawn will be permanently deleted.
* I agree to the arrangements described in the information text about my participation.
* I confirm that I am 18+ years old.
* I voluntarily consent to participate in this study.
* I opt to make my data available on the UK Data Service repository in line with the information presented in the information sheet (optional).

**Appendix 4c: Demographic Questions presented on the online survey (18+)**

What is your age (in years)? (Free text)

What is the gender you were assigned at birth?

* + Male
  + Female
  + Prefer not to say.

Is your gender different to the gender you were assigned at birth?

* + Yes
  + No
  + Prefer not to say.

How would you define your sexual orientation?

* + Straight (heterosexual)
  + Gay
  + Bisexual
  + Pansexual
  + Asexual
  + Other identity not listed (please define below)
  + Prefer not to say.

Please indicate which country you currently reside in:

* + United Kingdom (UK)
  + Canada
  + The Netherlands
  + Germany
  + Belgium
  + Finland
  + Italy
  + Spain
  + Austria
  + France
  + Portugal
  + Sweden
  + Slovenia
  + Malta
  + Luxembourg
  + Denmark
  + Czechia
  + Other

How do you identify yourself in relation to gender? (Free text)

How do you identify yourself in relation to your ethnicity?

* + White
  + Asian or Asian British
  + Black, African, Caribbean, or Black British
  + Mixed or Multiple Ethnic Groups
  + Other Ethnic Groups
  + Prefer not to say.

Currently, how much time do you live in your gender identity? Please express this as a percentage from 0-100%. (slider response option)

At what approximate age in years do you believe puberty started for you? (Free text)

At what approximate age in years did your feelings of incongruence (e.g., discomfort) with your gender begin? (Free text)

Are you currently using gender-affirming hormones?

* + Yes
  + No

Are you currently using hormone blockers?

* + Yes
  + No

Have you undergone chest surgery?

* + Yes
  + No
  + If yes, how long ago?

Have you undergone genital-affirming surgery?

* + Yes
  + No
  + If yes, how long ago?

Are you satisfied with the stage of your medical transition?

* + Yes
  + No

Do you wish to undergo further interventions?

* + Yes
  + No

Are you currently under the care of a gender identity service?

* + Yes
  + No
  + If yes, what type of care are you receiving (e.g., private, alternative routes, or public healthcare)? (Free text response)

**Appendix 4d: Debrief form for Study 2 (18+)**

Thank you for participating in this study. We will process your Prolific payment within 5 working days from this submission.

Body image research has largely neglected to focus on the experiences of trans men. In this research, we aimed to explore those experiences. We hope this research can further information interventions that improve the body image concerns of specific groups in society.

As part of this project, we’re recruiting participants aged 16-30. We’re running a separate study to recruit 16-17 year olds. This is to ensure that we gain a good representation across all ages.

If you would like to withdraw your data from the study, please contact a member of the research team member within two weeks of today. Please contact us through Prolific in the first instance. If you wish to email us, we suggest you use your anonymous Prolific email to avoid providing any identifying information.

For those participants who opted to be contacted about the research results, we will contact you through the Prolific messaging portal.

If you experienced any discomfort/distress because of participating in this study, please discuss this with your general practitioner or another suitably qualified medical practitioner.

A few non-medical support links are provided below:

[Beat](https://www.beateatingdisorders.org.uk/)    
[Younge minds](https://www.youngminds.org.uk/young-person/coping-with-life/body-image/)   
[Mental Health Foundation](https://www.mentalhealth.org.uk/explore-mental-health/body-image)

**Contact Information**

Please let the researchers know if you want further information or have any questions about this study. The content information for the research

Liam Cahill | [liam.cahill@ntu.ac.uk](mailto:liam.cahill@ntu.ac.uk); +44 115 84 841123 (Principal Investigator)

Chase Staras | [chase.staras@ntu.ac.uk](mailto:chase.staras@ntu.ac.uk)   
Treshi-Marie Perera |[treshi-marie.perera@ntu.ac.uk](mailto: treshi-marie.perera@ntu.ac.uk)  
Beth Jones | [beth.jones@ntu.ac.uk](https://myntuac-my.sharepoint.com/personal/liam_cahill_ntu_ac_uk/Documents/Research/TGD%20Body%20Image/Ethics/beth.jones@ntu.ac.uk )  
Daragh McDermott | [daragh.mcdermott@ntu.ac.uk](https://myntuac-my.sharepoint.com/personal/liam_cahill_ntu_ac_uk/Documents/Research/TGD%20Body%20Image/Ethics/daragh.mcdermott@ntu.ac.uk )

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Dr Duncan Guest: duncan.guest@ntu.ac.uk

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