

Can you help us with our research?!

We are inviting girls aged **9, 10 or 11** to take part in our study! We are exploring how our understanding of body signals and sensations (including feeling hungry, thirsty, cold or tired) is related to eating.

What will they have to do?

At school: Children will complete some questionnaires (covering issues such as the perception of sensations in their body, their attitudes towards food, body image, and perfectionism). They will also complete a task which measures their perception of their heartbeat, and a computer game related to body image. This should take 1 hour for each child.

At home: Parents will be asked to complete questionnaires about themselves and their child.

All children who take part will be entered into a prize draw to win book vouchers!

Each school will be given a £50 book voucher!

Schools will also have the opportunity for one of the researchers to give a science talk to the students.

Website: www.theindiastudy.com

Twitter: [@The_INDIE_Study](https://twitter.com/The_INDIE_Study)

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