



MASSEY UNIVERSITY
COLLEGE OF HUMANITIES
AND SOCIAL SCIENCES
TE KURA PŪKENGĀ TANGATA

“Using Instagram in Eating Disorder Recovery: New Zealand Women’s Experiences”



Currently, there is a lack of research on the lived experiences of women who have experienced one or more eating disorders (EDs) in New Zealand, particularly in the context of social media use. We are interested in understanding how using the app Instagram impacts women’s experiences of eating disorder recovery.

You are eligible to participate if you:

- Identify as a woman
- Are currently living in New Zealand (it is not necessary that you have lived in New Zealand for the entire duration of your ED experience)
- Are at least 18 years old
- Speak fluent English
- Use Instagram on a regular basis (a minimum of three times a week)
- Have either experienced an eating disorder previously and/or are currently experiencing an eating disorder, but are in active recovery
- Have access to means for a 60-90 minute video-conference via Zoom or Skype

If you are interested in taking part in this research project, please contact us!

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Ethics Committee Approval Statement

This project has been reviewed and approved by the Massey University Human Ethics Committee: Southern A, Application 20/25. If you have any concerns about the conduct of this research, please contact Dr Negar Partow, Chair, Massey University Human Ethics Committee: Southern A, telephone 04 801 5799 x 63363, email humanethicssoutha@massey.ac.nz