

Frequently Asked Questions

A peer-to-peer study on the psychosocial relationship between individuals with IBD and food.

Do I qualify to participate?

We are looking for participants who:

- Are between 18 and 35 years of age
- Have sufficient fluency in English to participate in interviews or focus groups
- Live in Canada
- Self-identify as having been diagnosed with Inflammatory Bowel Disease (such as Crohn's Disease, ulcerative colitis, or indeterminate colitis)
- Consent to taking part in a focus group and/or interview with PaCER interns

What is Inflammatory Bowel Disease? Inflammatory Bowel Disease (IBD) is a chronic gastrointestinal disease. Patients suffering from IBD can experience a host of physical symptoms including, but not limited to, chronic diarrhea, rectal bleeding, cramping abdominal pain, fever, appetite and weight loss, nausea, vomiting, and bowel obstruction.

What does psychosocial mean? We are referring to the psychological, social, cultural, and environmental factors that are influencing an individual's experience, in this case specifically relating to diet.

What sorts of things will be discussed? We wish to understand your experience of food while having IBD. It is your decision what parts of your experience you wish to discuss. There is no obligation to talk about anything that you wish to keep private or that causes you any distress.

How many people will be in the discussion groups? There will be a maximum of 6 people, plus the research team.

Four hours is a long time to commit to. Will there be a break? Yes, we will take a 1 hour working break during the 4-hour group discussions.

How do I get to the focus group or interview?

Focus groups and interviews will be conducted online via a secured videoconferencing application called Jitsi Meet. As the focus groups and interviews are conducted online, you can be located anywhere in Canada and still be able to participate.

If I can't commit to the long group session, is there any other way I can participate? Yes, we are also looking for some people to take part in interviews lasting up to 90 minutes, which can be done by phone, online or in person.

Is my information confidential? All the participants will be asked to respect each other's privacy. Any information that is recorded will be collected and handled in a way that honours your patient privacy and confidentiality, in keeping with the requirements of the University of Calgary's Conjoint Health Research Ethics Board.

I want to take part. What do I do next? Please contact us using the information listed below.

Should you have further questions regarding your participation that are not found here, please contact: **Sunny Loo, sunny.loo@ucalgary.ca**