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1. RESEARCH TEAM
1.1 <u>Research Title</u> Young Women's Resistance to Sexualization of the Female Body on Instagram
1.2 <u>Applicant (Student Researcher)</u> Name: Chrisoula Papadopoulos Phone: Email: Program: Master of Arts in Counselling Psychology
1.3 <u>Faculty Supervisor (Supervising Researcher)</u> Name: Danielle Duplassie Email:
1.4 <u>Research Team Members (Second Reader/Committee Members/Consultants)</u> Name: Vikki Reynolds Email: Affiliation: Adler University
1.5 <u>Research Team Experience</u> APPLICANT: <ul style="list-style-type: none"> Chrisoula Papadopoulos has a Bachelor of Arts degree from Simon Fraser University majoring in Psychology. She has spent 5 years working alongside young girls and women in mentorship programs, volunteering her time advocating for positive self-esteem and healthy body image in young women in the community. RESEARCH TEAM: <ul style="list-style-type: none"> Chrisoula Papadopoulos's thesis advisor, Dr. Danielle Duplassie is a registered clinical counsellor in British Columbia. Dr. Duplassie has a PhD in Counselling Psychology and Human Sexuality. Dr. Duplassie has extensive clinical experience in human sexuality, as well as extensive knowledge and research of the phenomenological design. Chrisoula Papadopoulos' second reader, Dr. Vikki Reynolds is a registered clinical counsellor in British Columbia. Dr. Reynolds has a PhD in counselling psychology and teaches as adjunct faculty at Adler University. Dr. Reynolds is deeply committed to a social justice perspective in her exceptional clinical experience focused on empowering and honouring the resistance of marginalised populations.

2. SUMMARY OF STUDY AND RECRUITMENT
2.1 A. <u>Overview of Research Study (Maximum 300 words)</u>

1. Purpose:

The purpose of this study will be to describe the experiences of women's resistance to sexualization of female bodies on Instagram. Resistance is defined as any "capacity to stop, prevent, withstand, or refuse to comply with any form of oppression" (Wade, 1997, p. 25). The term sexualization means to make something sexual (Smith & Attwood, 2011). Instagram is a social media platform allowing users to create a personal profile to share their information to an online community (Marwick, 2015).

There is a lack of literature that has examined the forms of resistance used by women to reject sexual objectification in the online realm. Therefore, a qualitative research study is needed to expand on this phenomenon. In doing so, this research will add to the existing body of literature, providing a deeper analysis on the ways that women are responding to sexualization in an online realm. The nature of this study will be the first of its kind to use a phenomenological approach that empowers women and gives voice to their experiences of resistance in living in a culture that sexually objectifies the female body in online contexts.

2. Research Question:

What is the meaning and lived experience of resistance to sexualized images of the female body on Instagram?

3. Rationale:

Confrontations with sexualized images are virtually unavoidable in Western culture and are likely to affect most women to some degree (Fredrickson & Roberts, 1997). Indeed, existing literature has documented increasing rates of the sexualization of women and girls. Consequently, there is a myriad of negative mental health consequences for females who are exposed to sexualized images of the female body (Calogero et al., 2004; Fredrickson & Roberts, 1997; Twenge & Fredrickson, 2002).

There is a lack of research on the experiences of women's resistance to the sexualization of the female body. This study will seek to explore acts of resistance to female sexualization. This will be the first study of its kind to investigate acts of resistance to sexualization on social media, and Instagram in particular. In doing so, this research will add to the existing body of literature, in providing a deeper analysis on the ways that women are responding to sexualization in an online realm. More so, the results of this study could be helpful to counsellors in supporting women and girls who have been impacted by sexualization.

4. Objectives:

This study will seek to explore the meaning and lived experiences of women's resistance to sexualized images of the female body on Instagram

2.1 B. Summary of Research Procedures (Maximum 500 words)

A phenomenology approach was chosen for this study because phenomenology allows for "surfacing deep issues and making voices heard" (Lester, 1999, p. 4). It also "examines taken-for-granted human situations as they are experienced in everyday life but which go typically unquestioned" (Finlay, 2012, p. 173). Hermeneutics phenomenology will be used to uncover and interpret the meanings of three to five young adult women's experiences to resisting sexualization on Instagram.

Research Steps:

1. In order to recruit participants, permission will be requested to advertise in the community (i.e., Adler University student email list, Vancouver Public Library) through a Recruitment Inquiry Email (Appendix A) or Recruitment Poster (see Appendix B). Participants will also be recruited by a Social Media Recruitment Message (Appendix C) on a Facebook Page dedicated to the research study (Appendix D). All of the recruitment material will include my (student researcher) email for interested participants to contact.
2. Interested participants will be screened and informed about the study over the phone or email using the Initial Participant Contact Email Template/Phone Script (Appendix E). In the case there are participants who are interested but do not qualify for the study, the student researcher will follow the Participant Decline Script (Appendix F). The Participant Limit Reached Decline Script (Appendix G) will be used for those people who might contact the student researcher after having already recruited enough participants.

For participants who meet the study's criteria and have provided verbal consent to participate in the study, an interview will be scheduled. In-person interviews will occur at a mutually agreed upon location, such as the participant's workplace, or in a private room at a local college/university, or library. The participants will immediately be sent the Informed Consent Form (Appendix H) through email/mail before the interview is scheduled.

3. Before audio recording of the interview begins, the Informed Consent Form (Appendix H) and Audio-Recording Consent Form (Appendix I) will be reviewed and discussed. Participants will be informed they have the right to withdraw from the study at any time with no consequences or prejudice. Participants will be given the incentive of \$5 gift card for Blendz Coffee shop before the beginning of the first interview. Participants will be informed at this time that they can keep the gift card even if they withdraw their participation; this will also be outlined in the Informed Consent (Appendix H).
4. The interview will use questions from the Interview Protocol (Appendix J) and will last approximately 60-90 minutes. Transcription will be conducted to translate the interviews into written format for analysis.
5. Data analysis will consist of looking for themes in the participant's responses by reading their response. The goal is to use participant's descriptions and verbatim extracts to uncover hidden meanings so that the essence of the phenomenon is unveiled (van Manen, 1990). The analysis will occur within subjects and across subjects.
6. To determine whether the findings have been interpreted appropriately, participants will participate in 'member checking,' which is "the process of providing participants with transcripts or summaries of interviews to allow them to correct any inaccuracies" (Simon & Goes, 2011, p. 3). This step will require the researcher use the Member Checking Follow-Up Interview Protocol (Appendix K) that may last up to 30 minutes and enable participants to discuss any additional reports or changes to the descriptions provided to better reflect their experience. Participants will be notified that they are able to do this process in person, or over the phone. In the case that participants are available only through a phone interview, the

student researcher will email/mail the transcripts or summaries to the participants for review and will schedule a telephone interview with the student researcher to discuss the data analysis.

7. Although the study is minimal risk, the participants will be provided with a list of local Counselling Resources (Appendix L) at the beginning of the interview in the case that support is needed after the interview. The Interview Protocol (Appendix J) will include informing participants to disclose any feelings of distress that may arise during the process. During the interview, if a participant indicates or appears to be experiencing distress, I will follow the distress protocol (Appendix M) to determine how to proceed.

2.2 References

- American Psychological Association, Task Force on the Sexualization of Girls. (2007a). Report of the APA task force on the sexualization of girls. Washington, DC: American Psychological Association.
- Calogero, S. Tantleff-Dunn, J. K. Thompson (2004.). *Self-objectification in women: Causes, consequences, and counteractions* (pp. 53-75). Washington, DC, US: American Psychological Association.
- Finlay, L. (2012). Unfolding the phenomenological research process: Iterative stages of “Seeing afresh.” *Journal of Humanistic Psychology*, 53(2), 172-201.
- Groenewald, T. (2004). A phenomenological research design illustrated. *International Journal of Qualitative Methods*, 3(1).
- Lester, S. (1994). *An Introduction to Phenomenological Research*. London, Routledge.
- Marwick, A. E. (2015). Instafame: Luxury selfies in the attention economy. *Public Culture*, 27(1), 137.
- Perloff, R. M. (2014). Social media effects on young women's body image concerns: Theoretical perspectives and an agenda for research. *Sex Roles*, 71(11-12), 363.
- Smith, C., & Attwood, F. (2011). Lamenting sexualization: Research, rhetoric and the story of young people's 'sexualization' in the UK home office review. *Sex Education*, 11(3), 327.
- Sadala, M. L. A., & Adorno, Rubens de Camargo Ferreira. (2002). Phenomenology as a method to

investigate the experience lived: A perspective from husserl and merleau ponty's thought. *Journal of Advanced Nursing*, 37(3), 282-293.

Truscott, D. T. & Cook, K. H. (2009) *Ethics for the Practice of Psychology in Canada*. Alberta: University of Alberta Press.

Fredrickson, B. L., & Roberts, T. (1997). Objectification theory: Toward understanding women's lived experiences and mental health risks. *Psychology Of Women Quarterly*, 21(2), 173-206.

Wade, A. (1997). Small Acts of Living: Everyday resistance to violence and other forms of oppression. *Contemporary Family Therapy* 19(1), 23-39.

2.3 Inclusion Criteria

- The participant must be a woman
- The participant must be at least 18 years-of-age
- The participant must be able to speak and understand English
- The participant must identify as having an active account on Instagram.
- The participant must self-identify as purposefully acting to prevent or stop the sexualization of female bodies on Instagram (i.e., wearing loose fitting clothing in their photos online, refusing to post images of themselves in revealing clothing, or refuse to follow Instagram accounts that sexualize other women).
- The participant must be willing to meet in-person in the Greater Vancouver area

2.4 Exclusion Criteria

- The purpose of this study is to investigate the experiences of women, and therefore excludes the use of male participants.
- Participants must be living within the Greater Vancouver area.

2.5 Recruitment

In order to recruit participants, permission will be requested to advertise in the community (i.e., Adler University student email list, Vancouver Public Library) through a Recruitment Inquiry Email (Appendix A) or Recruitment Poster (Appendix B). Participants will also be recruited by posting the recruitment poster through a Social Media Recruitment Message (Appendix C). The form will include the student researcher's email for interested participants to contact.

The Social Media Recruitment Message (Appendix C) will be posted to the student researcher's personal Facebook profile with a link to the public Facebook page (Appendix D). The Facebook Page will contain the Recruitment Poster (Appendix B). The poster will be addressed to the student researcher's friends and colleagues. Unless an individual "Likes" the public page, the student researcher or others will not be able to see who has accessed the page or study details. The Facebook page will include a note that "liking" the Page does not indicate one's participation. This will protect the individual's privacy.

Once a few individuals visit the public page, it will generate more popularity by showing up on other individuals' "News Feed" on Facebook. This includes individuals who are not Facebook friends with the student researcher. This is the reason for the creation of the public Facebook page, so that it reaches those outside of the student researcher's network.

To protect one's privacy, posts on the public page will be disabled. People will not be able to post on the page, but they will only be able to "Like" the page, which would allow the page to appear on their friend's "News Feed." Again, the Facebook page will include a note that "Liking" the page is not representative of participation. This would protect the privacy of people who would like to participate.

Interested respondents will be contacted using the Initial Participant Contact Email Template/Phone Script (Appendix E). The email/phone script will allow the researcher to establish whether the participant is eligible to participate in the study. The Initial Participant Contact Email Template/Phone Script (Appendix E) will be used as a screening tool to determine if the respondent meets the required inclusion criteria. The potential participants will be informed of the purpose of the study, inclusion criteria, description of the interview process and informed of the incentive offered. At this time any preliminary questions the respondents may have concerning the study will be addressed. For the participants who do not fit the eligible requirements, the student researcher will follow the Participant Decline Script (Appendix F). The Participant Limit Reached Decline Script (Appendix G) will be used if the researcher has recruited enough participants and is contacted by more people who indicate their interest in participating in the study.

For the respondents that meet all of the inclusion criteria and have given verbal consent to participate in the research study, the student researcher will inform them that the Informed Consent Form (Appendix H) will be emailed/mailed to them immediately. A date and time for an interview will be determined, as well as a discussion of location will ensue. Participants will have the opportunity to ask any further questions in regards to the study and the informed consent form at that time.

For the audio-recorded interview, a suitable location must be decided upon in which safety concerns, accessibility, confidentiality, and comfort is considered. Suitable locations may include participant's workplace, or a private classroom at a local college/university, or library.

2.6 Access to Records for Recruitment

Are you accessing records to identify potential participants?

- No

2.7 External Approvals

- Yes
- In order to recruit participants, permission will be requested to advertise in the community to identify potential participants. For instance, the Adler University (Vancouver campus) will receive a Recruitment Inquiry Email (Appendix A) and Recruitment Poster (see Appendix B) in order to inform other colleagues/students/community members about the opportunity to participate in the study. Permission will also be sought from The Looking Glass Foundation, Big Sisters of BC Lower Mainland, as well as Kelty Mental Health Centre –these

organizations advocate for health body images of the female body and therefore provide ample opportunity to collect participants. Each organization will be contacted for permission, and the student researcher will inquire/follow the guidelines from each respective organization in order to promote the research study. To the student researcher's knowledge, an email proposing the research study with promotional material will need to be sent to administrative faculty, which then may be approved by the management of each organization in order to be made publically available to their community (through flyers and/or email).

2.8 Number of Participants

How many participants do you anticipate recruiting for your Research?

- Three to five participants will be enrolled for the proposed study.

If part of a larger study, how many participants will be recruited overall?

- N/A

2.9 Deception:

Is deception being used in this research?

- No

3. FUNDING INFORMATION & CONFLICT OF INTEREST

3.1 Source of Funding

- N/A

3.2 Restrictions on Information Disclosures

- N/A

3.3 Actual or Perceived Conflict of Interest

- Do any Research Team Members or their immediate family members have past or current affiliation with an agency, institution, community, or individual that will provide funding, collaboration, recruitment sources, data collection sites, participant populations or follow-up assistance for this research? This includes workplaces, volunteer organizations, practicum sites, and community-based groups.

- No

If yes, please explain and indicate how you plan to mitigate actual or perceived conflicts of interest:

- N/A
- Do any Research Team Members or their immediate family members receive personal benefits

(e.g. salary, overtime hours, consultant fees, or other financial gain) in connection with this research over and above the direct cost of conducting this study?

- No

4. RISK LEVEL and RISK MANAGEMENT

4.1 Determining Level of Risk

Minimal

Rationale: This study meets the minimal risk level requirements as the participants will be women who self-identify as responding to sexualization of female bodies online in ways that work to stop, prevent, withstand, or refuse to comply with it. Therefore, it can be reasonably assumed the participants have thought or talked about their experiences of sexualization in their daily lives. There is minimal risk of participants experiencing some degree of distress such as discomfort in describing personal experiences with sexualization. However, the focus of this study is to use compassion and a non-judgmental approach to investigate their responses to and against sexualization. (i.e., acts of resistance).

Participants will be given a list of local Counselling Resources (Appendix L) prior to the beginning of the first interview to contact if needed following the interview. Risk management strategies are outlined in section 4.2 and will address the ethical implications of participants' personal disclosures. Participants will be informed of their rights to withdraw their participation from the study at any time with no consequences or prejudice.

4.2 Description and Management of Risks

Describe what is known about the risks (harm) of participating in the proposed research and any possible vulnerability that needs to be considered. Indicate how you will address these risks. Include literature related to the risks and the management of risks if relevant. Include any information about discomfort or incapacity that the participants are likely to experience as a result of the research.

Risks to participants:

The research design, phenomenology “examines taken-for-granted human situations as they are experienced in everyday life but which go typically unquestioned” (Finlay, 2012, p. 173). Exploring participant's experiences of resistance to sexualization may involve a risk of experiencing discomfort and/or emotional reactions.

Management of risks:

While participants are only required to disclose information that they feel comfortable sharing, as stated in the Interview Protocol (Appendix J), the student researcher will spend time in the first interview establishing rapport with participants to make them feel more comfortable in sharing their stories. Participants will be encouraged to disclose any feelings of distress during at any point in time during the interview in the Interview Protocol (Appendix J) as well. In the Informed Consent Form (Appendix H), participants will be informed that if they experience any distress, they can refuse to answer the question, take a break, decide to re-schedule the interview, or withdraw from the study

with no consequences or prejudice. During the interview, if a participant indicates or seems to be experiencing distress, I will follow the Distress Protocol Form (Appendix M) to determine how to proceed. At the beginning of the interview, participants will be given a list of local Counselling Resources (Appendix L) to contact if needed.

4.3 Anonymity and Confidentiality

- If you indicate that you are collecting anonymous or anonymized data online, how you are ensuring the anonymity of participants?
 - N/A
- Are you collecting information or data that can reasonably be expected to identify participants? If so, how will you protect participants' confidentiality both during (collection and use of information) and after (dissemination of results) the research study?

In the Initial Participant Contact Email Template/Phone Script (Appendix E), I will ask the participants for their contact information (name, phone number and email address) which will be written on a paper copy and stored in a locked filing cabinet at the student researcher's place of residence during the study, and for five years after the study's completion.

The Informed Consent Form (Appendix H) and Audio-Recording Consent Form (Appendix I) will also be stored securely in the same locked filing cabinet at the student researcher's place of residence during the study, and for five years after the study's completion.

Audio-recordings will only be transcribed in a private space at the student researcher's home in order to reduce the risk that a person outside of the study might recognize participant-identifying information in a public setting. Electronic audio-recordings and transcripts will be stored in computerized files on password protected encrypted USB drive and stored in a locked filing cabinet at the student researcher's place of residence both during and for five years after the study's completion. Only the student researcher, her thesis advisor, and second reader will have access to the audio recordings and transcriptions.

Participants will be assigned a pseudonym for the purposes of the study, which they will be referred to in all transcriptions. Participant's real names or initials will not appear in any versions of the completed study. Participant's real names will only be connected to their chosen pseudonym on the Informed Consent Form (Appendix H) and Audio-Recording Consent Form (Appendix I). All signed forms will be stored securely in a locked filing cabinet in the student researcher's place of residence during and after the completion of the study.

- How will you ensure that participants cannot be identified or re-identified through demographic data and/or direct quotes and/or participant descriptions (e.g. job description) in any dissemination of your research (including thesis or dissertation)?

Although pseudonym will be used throughout the study to protect the identity of general participants, there remains a chance that family members, colleagues or other acquaintances may be able to re-identify general participants based on direct quotes or personal anecdotes shared in the interview(s).

Participants will be made aware of this possibility in the Informed Consent Form (Appendix H), and they will have the opportunity to tell the student researcher if they wish to remove or alter any potentially identifying direct quotes. They will have the opportunity to see any extended quotes from the interview(s) during the Member Checking Follow-Up Interview (Appendix K) prior to their inclusion in the final paper.

- What, if any, limits to confidentiality are considerations in your research, what is your rationale for including them, and how will they be communicated to participants?

Due to the small number of participants in this study, someone who reads published material about this study may be able to identify general participants from information written in the report. Hence, participants will be verbally advised of the risk of being identified prior to signing the Informed Consent Form (Appendix H). Furthermore, they will be given the opportunity to revise or remove parts of their responses that they believe may be identifying, and pseudonym will be used in order to reduce the risk of identifying participants.

4.4 Benefits

The benefits to participation include:

Participants may experience validation of their experiences of sexualization, and subsequently the expression of their own acts of resistance. Participation in the study can “allow... the person to make sense of their experience, perhaps going beyond previous understandings” (Finlay, 2012, p. 181). Participants may also experience an increase in insight, self-awareness, and empowerment as a result of exploring, articulating and advocating their emotions and experiences to resisting sexualization in their daily lives.

4.5 Peer Review

- N/A

5. PARTICIPANT INFORMATION AND CONSENT PROCESS

5.1 Sites for Study

- A private room at participant’s workplace
- A private room at a local college/university (e.g., Adler University)
- A private room at a public library (e.g., Vancouver Public Library)

5.2 Time Requested of Participants

How much time will each participant be asked to dedicate to the research study?

Participants will be invited to participate in one in-person, audio-recorded interview, which will last approximately 60-90 minutes. This interview will follow the Interview Protocol (Appendix J). Participants will be notified of Member Checking Follow-Up Interview (Appendix K), which may last up to 30 minutes and enable participants to discuss any additional reports or changes to the descriptions provided to better reflect their experience.

The total time requested of participants will be 1.5-2 hours. Due to the fact that it is difficult to predict the amount of time it will take to recruit all of the participants for the study and to complete the data analysis, potential participants will be notified that their participation is expected for up to one year.

5.3 Reimbursements and Incentives for Participation

Incentives of \$5 gift cards for Blendz Coffee shop will be offered. This is deemed to be a reasonable reimbursement given there is no funding provided for this study and the incentive is being financially provided by the student researcher alone. The Informed Consent Form (Appendix H) will inform participants that they are able to keep the gift card even if they decide to withdraw their participation.

5.4 Assessment of Capacity

A. Initial assessment of capacity for the purposes of informed consent

Will every participant have the capacity to give fully informed consent on his/her own behalf?

- Yes

Rationale:

- Capacity to give fully informed consent will be determined at the time of screening and again during the process of informed consent. The BCACC Code of Ethics addresses Informed Consent under the Code of Principle 1: *Respect for the Dignity of All Persons*, in which informed consent is meant to inform clients of their rights (BCACC, 2008). The process of informed consent includes discussing confidentiality protections and limitations with the client prior to making a decision to continue a working relationship (Truscott & Cook, 2009).
- True consent requires the client to do more than simply express and sign agreement, but the student researcher will need to ensure the participant understood the principles associated with informed consent. Truscott and Cook (2009) state that consent is understood as having three components: “a demonstrated competence of decision making, a voluntary decision made in the absence of coercion, and an understanding of the person’s degree of discernment regarding the process and consequences of treatment being presented” (p. 82). The screening instruments used in the Initial Participant Contact Email Template/Phone Script (Appendix E) will be used to assess capacity before the initial interviews commence.
- In most jurisdictions, the age of consent is eighteen. However, in British Columbia, the age of consent is 19. The fact that a “person is under the age of majority does not bar that person from consenting to psychological service –the court presumes that each individual is capable of giving consent in the absence of contrary proof” (Truscott & Cook, 2009, p. 84). In regards to this, an appropriate rationale for including participants as young as eighteen is due to the literature reporting that this age group is the most prevalent users on social media platforms (Perloff, 2014).

B. Ongoing assessment of capacity

How will capacity be assessed throughout the research if the participants’ involvement goes beyond a

single interview or completion of a questionnaire?

The capacity to give consent is dependent on the participants' ability to demonstrate their understanding of informed consent. Truscott and Cook (2009) state that true informed consent is obtained when the following points are understood: purpose and nature of the study, mutual responsibility, confidentiality protections and limitations, likely benefits and risks, and the option to refuse or withdraw at anytime, without prejudice. Particularly, ongoing assessment of capacity will include asking the participant to explain in their own words what they consented to, as well as discussing confidentiality protections and limitations, and understand that their participation is voluntary, and they are able to refuse or withdraw at anytime, without prejudice.

Truscott and Cook (2009) state that it is sometimes informed consent is mistakenly dealt with during first contact and then forgotten. However, the authors argue that informed consent is a process that should be revisited as often as needed. Particularly, participants will be invited to review the informed consent again on their own time and to feel free to contact the student research to ask questions if arise.

5.5 Explanation of Consent Forms to Potential Participants

- How will the Informed Consent Form be reviewed?

Once verbal consent to participate in the study is obtained during the Initial Participant Contact Email Template/Phone Script (Appendix E), the student researcher will immediately email or mail the Informed Consent Form (Appendix H) and the Audio-Recording Consent Form (Appendix I) to the participant. Since the interviews will be face to face, participants will be instructed to wait to sign the consent form, as well as the Audio-Recording Consent Form (Appendix I) in the presence of the researcher directly prior to the interview to ensure all the components of the consent forms are further discussed and understood.

For potential participants, the Informed Consent Form (Appendix H) and Audio-Recording Consent Form (Appendix I) will be reviewed and discussed thoroughly face-to-face, and potential participants will have the opportunity to ask the student researcher any further questions about the study.

Following this conversation, potential participants may choose to sign the informed consent forms, thereby providing the formal consent to participate in the study, or decline to participate at this point.

- How much time will the participants have to review the Informed Consent Form?

Participants will have the informed consent forms to review up to the agreed upon scheduled interview (minimum of 48-hours).

5.6 Explanation of Assent Forms to Potential Participants

Will you be using Assent Forms in your research?

- No

If yes, explain your process for presenting and completing the Assent Form, including who will be involved in each step: general process for assent:

- N/A

5.7 Assistance with Consent

- N/A

5.8 Translation

Will any of your recruitment, consent or other documents be available in a language other than English?

- No

Will interactions with participants be taking place in any language other than English?

- No

5.9 Withdrawal of Data

How will participants be informed of their right to request their data be withdrawn from the study and how will you remove the data?

Participants will be informed of their rights to withdraw their participation from the study at any time with no consequences or prejudice, as outlined in the Informed Consent Form (Appendix H).

Participants will be reminded of their rights to withdraw their participation and/or data from the study should they demonstrate emotional distress, that may interfere with their participation.

5.10 Summary of Results to Participants

How will you provide a summary of results to participants – including strategies for maintaining anonymity if that has been included in informed consent process?

- In the Informed Consent Form (Appendix H), participants will be asked if they would like to receive a summary of the study's findings (i.e. an electronic copy of the student researcher's completed master's thesis).
- Participants will be notified that confidentiality will be maintained by referring to participants only by their pseudonym in any and all publications of the research study. Further to this, all names, locations, and unique characteristics of the participant's narratives will be changed to ensure confidentiality.
- Prior to the study's publication, participants will be given the opportunity to let the student researcher know of any parts in their individual responses that may be too identifying, and therefore need to be revised or removed. Before the finalization of the study, the results

section of the final write-up will be emailed to participants for review.

6. SECURITY OF INFORMATION AND DATA

6.1 Access to Information or Data by Persons within Adler University – Vancouver Campus

During data collection and analysis, who will have access to information collected or data related to your research study?

- The student researcher, her thesis advisor Dr. Danielle Duplassie, and her second reader Dr. Vikki Reynolds will be the only persons with access to the data.

How will all of those who have access to that information or data be made aware of their responsibilities to protect confidentiality?

- The responsibility to protect data confidentiality has been discussed and will continue to be discussed between the student researcher and her thesis advisor and her second reader.

Please describe in detail what information or data will be transferred among researchers (including research team and transcription services etc.) during data collection and analysis?

- During the research study, electronic data and back-up electronic data (including audio recordings, transcriptions) will be stored in computerized files on a password protected, encrypted USB drive. Copies of these files will be backed-up on a second password protected encrypted USB drive. These USB drives will be stored in a locked filing cabinet at the student researcher's place of residence at all times unless they are being used by the student researcher. No research material will be saved directly to a computer or portable laptop.
- All paper copies of forms and documents (including signed consent forms, transcriptions, interview notes, data analysis, and any materials with participant-identifying information) will be stored in a locked filing cabinet at the student researcher's place of residence. The student researcher will be the only one who has access to the filing cabinet.
- In the case that information or data will need to be transferred to the thesis supervisor or second reader, the student researcher will ensure that these documents are transferred in a locked security transporting pouch.

How will you maintain confidentiality concerning participants' identities and how will you communicate this to participants?

- Participants will be made aware of what information or data will be available, how it will be transferred and stored, and how their identities will be protected prior to signing the Informed Consent Form (Appendix H). This information will be explained in the informed consent forms as well as thoroughly discussed prior to the beginning to audio-tape the initial interview. Participants will be required to review and sign-off on the consent form in order to participate

in the current study.

- For the purposes of ‘member checking’, participants will be emailed the results section of the final write-up for review. The student researcher will be the only person with access to this email. They will have the opportunity to tell the student researcher if they wish to remove or alter any potentially identifying direct quotes. Participants will have the opportunity to approve any extended quotes from the interview prior to their inclusion in the final paper.
- Participants’ identities will be protected by referring to them only by their pseudonym in any and all publications of the research study.

6.2 Access to Information or Data by Persons Outside of Adler University – Vancouver Campus

Will any information collected during or raw data relating to your research study be available to persons or agencies outside of Adler University-Vancouver Campus?

- No

If yes, describe in detail what information or data will be available, how it will be transferred and stored, how participants’ identities will be protected, and how you are communicating this to participants.

- N/A

6.3 Post- Study Storage and Security of Data

During your research, how will data be secured (original and back-ups)? Please include information on storage and deletion of participant’s contact information, where applicable, as well as data collected during research.

- During the research study, electronic data (including audio recordings, transcriptions) will be stored in computerized files on password protected USB drives. These USB drives will be stored in a locked filing cabinet at the student researcher’s place of residence when not in immediate use. All paper copies of forms and documents (including signed consent forms, transcriptions, interview notes, data analysis, and any materials with participant-identifying information) will be stored in the same locked filing cabinet at the student researcher’s place of residence when not in immediate use.
- In addition, all identifying information, including emails from individuals who contact me but do not meet inclusion criteria or do not choose to participate will be deleted; and documents will be shredded if applicable.

After research (collection, use, dissemination) has been completed, how will different forms of data (original and back-ups) be stored and how will you maintain storage security for 5 years? If data will be kept on the Web, what precautions have been taken to keep it secure?

- For five years after the research study has been completed, electronic data (including audio recordings, transcriptions) will be stored in computerized files on password protected USB

drives, which will be stored and locked in a filing cabinet at the student researcher's place of residence. All paper copies of forms and documents (including signed consent forms, transcriptions, data analysis, and any materials with participant-identifying information) will be stored in the same locked filing cabinet at the student researcher's place of residence for five years.

6.4 Future Use of Data

- N/A



7. APPLICATION SUBMISSION

7.1 Process for Submitting REB Application

7.2 Appendices

Appendices must be included for all verbal or written communication with external institutions or agencies (including collaborators), key informants or other recruitment sources, potential participants and participants. They must be included in the chronological order they will be used during your research. The labelling (Appendix A; Appendix B; and so on) must match the labelling in your Application.

Appendices include, but are not limited to:

- Initial contact with external institutions or agencies.
- Letters of support from collaborating or supporting agencies or institutions.
- Recruitment materials, including verbal scripts, e-mails, internet messages, etc.
- Scripts or e-mails for initial contact with participants, including acceptance or refusal
- Informed Consent Forms or verbal scripts.
- Assent Forms.
- Data collection instruments, guides, questionnaires, etc., including preliminary scripts.
- For on-line research, information concerning the software platform you will be using (e.g. HostedInCanada; Fluid Surveys) including information concerning issues such as privacy, future storage of data, randomization of participants. See FAQs for all questions concerning using on-line data collection methods.
- Deception Forms and any scripts for debriefing.
- Peer review reports if required.
- Confidentiality agreements for research team members and/or staff.
- E-mails from translation research assistants including qualifications and availability.

List of Appendices:

- Appendix A: Recruitment Inquiry Email
- Appendix B: Recruitment Poster
- Appendix C: Social Media Recruitment Message
- Appendix D: Facebook Page Example
- Appendix E: Initial Participant Contact Email Template/Phone Script
- Appendix F: Participant Decline Script
- Appendix G: Participant Limit Reached Decline Script
- Appendix H: Informed Consent Form
- Appendix I: Audio-Recording Consent Form
- Appendix J: Interview Protocol
- Appendix K: Member Checking Follow-Up Interview Protocol
- Appendix L: Counselling Resources
- Appendix M: Distress Protocol Form

Insert all Appendices below in the chronological order they will be used during your research

Appendix A

Recruitment Inquiry Email

Hello _____.

My name is Chrisoula Papadopoulos and I am a graduate student at the Adler University in Vancouver, BC. As part of the academic credit toward my Master of Arts in Counselling Psychology, I am conducting a research study on the phenomenon of women's resistance to sexualization of female bodies (whether of themselves or others) on social media platforms, particularly Instagram. *Resistance* means to try to stop or prevent something from happening, while *sexualization* means to make something sexual. I am looking for people who purposefully resist viewing, posting, or sharing sexualized images on their Instagram account (e.g. by wearing loose fitting clothing in their photos online, by refusing to post images of themselves or other women in revealing clothing, or by refusing to follow Instagram accounts that sexualize other women and/or perpetuate the standards that are put on women to look or act a certain way). This research will entail a 60- to 90- minute in-person interview within the Greater Vancouver area with women at least 18-years of age regarding their personal experiences with social media.

This email is to inquire about the possibility of advertising for research participants through your organization/institution. Please let me know if this might be a possibility, and if so, what guidelines I should be aware of for requesting approval. I would be happy to answer any questions you might have regarding the nature of this research and/or Adler University supporting and regulating this study.

Thank you for your time and consideration.

Warm Regards,
Chrisoula Papadopoulos

Appendix B

Recruitment Poster



Do You Make Efforts to Prevent or Stop the Sexualization of Female Bodies on Instagram? If so... Please Share Your Experiences!

We want to better understand the ways that women resist sexualized images of the female body on social media today. This study will focus specifically on using Instagram:

Resistance means trying to stop or prevent something from happening

- Are you a woman at least 18 years of age?
- Do you actively use Instagram?
- Do you purposefully refuse to view, post, or share sexualized images on your Instagram account? Examples include not posting images of yourself or other women in revealing clothing, or not following Instagram accounts that sexualize other women.
- Are you willing to share your experiences in a 60- to 90- minute in-person interview that will be audio-recorded? Plus a 30-minute follow up interview to review the summary from the first interview.
- Are you able to meet for an in-person interview within the Greater Vancouver area?



Receive a \$5 gift card to Blendz Coffee

Please contact Chrisoula Papadopoulos at(email address) for more information

This study is being conducted by Chrisoula Papadopoulos, as part of a Master of Arts in Counselling Psychology thesis, under the supervision of Dr. Danielle Duplassie, MA, PhD, RCC Adler University.

Suite 1200-1090 West Georgia Street, Vancouver, BC, V6E 3V7

T: 604 482-5510 F: 604 874-4634

Appendix C:

VERSION: March 2015

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Social Media Recruitment Message

Dear Friends and Colleagues,

I am currently conducting a study to better understand women's resistance to the sexualization of female bodies on Instagram. In simplest terms, 'sexualization' means to make something sexual. *Resistance* means doing anything to try to stop or prevent something from happening. For the purpose of this study, I would like to interview young adult women who purposefully refuse to post, view, or share sexualized content of themselves or other women on their Instagram profiles—an act of resistance!

Participants will be asked to describe their experiences of resistance to the sexualization of female bodies on Instagram and how it made them feel. The main aim of this study is to better understand experiences of resistance to sexualization in an online realm and to raise awareness about it and understand some of the challenges it presents.

I request that you share this page with relevant audiences so that people who are interested can participate in the study.

If you know someone who will be interested in participating in this study, please share this message with them or follow the link below to the Facebook public page where you can “Like” the page, or share the page on your Facebook wall.

The Facebook page will include a note that “liking” the Page does not indicate one's participation. Please do not ‘tag’ or publicly name anyone whom you are recommending for this study, to protect their privacy.

Please visit the Facebook page (link provided) to find more information on the study, as well as my contact information, which you can share with others that you think might wish to participate. Participation in this study will remain confidential and voluntary. Participants will be able to withdraw from the study at any time.

Thank you for your time.

Sincerely,

Chrisoula Papadopoulos

Appendix D:

Facebook Page Example



*note: Adler University Logo will be included on the Facebook Page

Appendix E

Initial Participant Contact Email Template/Phone Script

Dear _____.

Hello and thank you for your interest in participating in this research study. My name is Chrisoula Papadopoulos and I am a student researcher interested in learning about the ways that women refuse to participate in the sexualization of the female body. This study is being conducted as part of my master's thesis and academic credit towards a master's degree from Adler University. May I ask you a few questions to ensure that you meet the inclusion criteria for my study?

- Are you a woman at least 18 years-of-age?
- Do you actively use Instagram?
- Do you purposefully try to stop or prevent yourself from posting, sharing, or viewing sexualized images of either yourself and/or other women on your Instagram account? For example, do you choose not to post photos wearing revealing clothing, or do you choose not to follow other Instagram accounts that sexualize the female body?
- Would you say you are proficient in spoken English?
- Are you able to meet for an in-person interview within the Greater Vancouver area?

Thank you for answering those questions. I think that you would be an eligible participant and would like to invite you to take part in my study. Participation in this study will involve an initial in-person 60- to 90-minute audio-recorded interview in addition to a follow-up interview that may last up to 30 minutes. Interviews will be conducted face-to-face within the Greater Vancouver area at a time and semi-public location that is most convenient for both you and me, such as a library or community center. Follow-up interviews will give you the opportunity to review the summary of my findings and see any extended quotes from our interview prior to

their inclusion in the final paper. Because I would like this study to be as inclusive as possible, please let me know if you have any special needs that I should be aware of. You will be given one \$5 gift card to be used towards any Blendz Coffee shop.

If you are still interested in participating in this study, I will email or mail you the consent forms. I will review the consent forms with you when we meet for the interview and answer any questions you may have before agreeing to participate in the study. The consent forms will be signed by both of us directly prior to the interview. In addition, I will provide you with a list of local Counselling Resources at the beginning of the interview for your use if needed.

If I have not heard back from you after two weeks, I would like to check in with you to make sure you received the consent forms. Please let me know if there is a telephone number or email address (if not already provided) that would be best for contacting you.

Please note that all information collected will be used for research purposes only. All individual information will be kept confidential and not be used for any other purpose. Please do not hesitate to ask any questions you may have regarding this study. Thank you again for your interest and I look forward to hearing from you.

Warm Regards,

Chrisoula Papadopoulos

Appendix F

Participant Decline Script

Thank you for your interest in my study, however, to participate in this study one will need to meet the follow criteria:

- Be a woman at least 18 years of age
- Actively use Instagram
- Purposefully refuse to view, post, or share sexualized content of your self or other women on your Instagram account
- Be willing to share your experiences in a 60- to 90- minute in-person interview that will be audio-recorded. Plus a 30-minute follow up interview to review the summary from the first interview.
- Be able to meet for an in-person interview within the Greater Vancouver area

For this reason, [state the criteria they do not fulfill], at the present you do not meet all the specific criteria required to be included in this study.

I sincerely appreciate you taking the time to contact me for this important study.

Thank you again for your interest.

Appendix G

Participant Limit Reached Decline Script

Thank you for your interest in this study, however, I am sorry to inform you that I have all the participants needed for this study. For this reason I am unable to include you in the study.

I appreciate your interest in taking the time to contact me for this important study.

Thank you again for your interest.

Appendix H

Informed Consent Form



Resistance to Sexualization of the Female Body on Instagram

Supervising Researcher:

Dr. Danielle Duplassie, MA, PhD, RCC, Core Faculty Member, Adler University.

Student Researcher:

Chrisoula Papadopoulos. Chrisoula Papadopoulos is undertaking this study as part of their Master's thesis at Adler University.

Purpose of the study:

The purpose of this study is to investigate the way women purposefully try to stop or prevent (i.e., resist) viewing, posting, or sharing sexualized images of female bodies on their Instagram account. For example, choosing not to post photos wearing revealing clothing, or not to follow other Instagram accounts that sexualize the female body.

You must have been invited to participate because you are a young woman of at least 18 years-of-age, as well as an active user on Instagram, who purposefully resists viewing, posting, or sharing sexualized images, whether your own or other female bodies, on your Instagram account.

Procedure:

As a participant, you will be asked to participate in an initial in-person interview of 60 to 90 minutes in duration regarding your experiences that involve purposefully trying to stop or prevent viewing, posting, or sharing sexualized images on Instagram. Examples of the kinds of questions you might be asked include: "what are your responses to sexualized images of female bodies on Instagram," or "what feelings come to mind when you think about resistance to sexualization?" Interviews will be conducted face-to-face within the Greater Vancouver area at a time and semi-public location that is most convenient for both you and me, such as a library or community center.

Prior to starting the interview, you will be informed that you are not required to answer all questions if you do not feel comfortable. You will be provided with a \$5 gift card to Blendz Coffee, and you may also keep the gift card even if you withdraw your participation.

**Suite 1200-1090 West Georgia Street, Vancouver, BC, V6E 3V7
T: 604 482-5510 F: 604 874-4634**

This interview will be followed by a follow-up interview of up to 30 minutes in duration at a later date. Both interviews will be conducted by Chrisoula Papadopoulos and audio-recorded for transcription. A summary of findings resulting from this research will be published in a completed thesis document. Additionally, these findings will be emailed to you at your request. You have the right to withdraw from this study at any time with no consequences or prejudice. Pseudonyms (i.e., an alias) will be used in reporting the results to protect your privacy.

Confidentiality and Protecting Personal Information:

All personal identifiable information resulting from this research will be kept confidential. You will be identified by a pseudonym and all research material will be kept in a locked filing cabinet at the researcher's residence. All electronic data collected during this study will be stored on a password protected encrypted USB drive.

You will never be identified in any reports of the completed study. Your name will not appear in the results of the study, and I will do my best to remove all identifiable information from any direct quotes you provided. Because of the nature of the research, it is possible that certain phrases you use or certain kinds of information you include may put you at risk of being identified by people who know you. Before the thesis is published, our follow-up interview of up to 30 minutes in duration will be used for us to review the summaries and quotes gathered from our initial interview together. At this time, you may choose to remove or change the answers you provided from the initial interview.

Only Chrisoula Papadopoulos and her thesis advisor, Dr. Danielle Duplassie, and Thesis Committee Member, Dr. Vikki Reynolds, will have access to the interview audio files and transcripts of the interview. In accordance with recommendations by Adler University, for five years after the research study has been completed all raw data, electronic data (including audio recordings, transcriptions) will be stored in computerized files on password protected USB drives, which will be stored and locked in a filing cabinet at the student researcher's place of residence. All paper copies of forms (including signed consent forms, transcriptions, data analysis, and any materials with participant-identifying information) will be stored in the same locked filing cabinet at the student researcher's place of residence for five years. After five years the data will be destroyed (i.e., professionally shredded and/or erased from the password protected USB drive).

Limits to Confidentiality

Personal information collected will be held confidential unless any of the following conditions are present:

- A) If a child or vulnerable adult is at risk of abuse or neglect and is unable to seek support or assistance, or is in need of protection;
- B) If you or another person is at clear risk of imminent harm.
- C) If I am required to comply with a legal order such as court subpoena.

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T: 604 482-5510 F: 604 874-4634**

Risks and Benefits:

As a result of recounting past and present experiences while participating in this study, there is a minimal risk that you may experience some degree of distress (i.e., stress, anxiety). If any distress or discomfort is experienced as a result of participating in this study, you will be invited to take a break, or if you would prefer, terminate the interview and reschedule or withdraw from the study at this time.

Counselling resources will be available for you at the outset of the interview should you require this information. In terms of benefits, it is possible that you may experience empowerment in talking about your resistance to sexualization, as well as experience a certain degree of increased self-awareness, insight and personal growth as a result of exploring, reflecting on and articulating the emotions, thoughts and behaviours of our experiences.

Contact:

If you have any questions or desire further information with respect to this study, you may contact myself, Chrisoula Papadopoulos at [c](#) or my Advisor, Dr. Danielle Duplassie at

The Adler Research Ethics Board has approved this research. If you have any questions or concerns about your treatment as a research participant, you may contact Debbie Clelland, Chair of the Adler Research Ethics Board, at dclelland@adler.edu or 604 699-3570.

Consent:

- I understand that my participation in this study is entirely voluntary and that I may refuse to participate or withdraw from the study at any time
- I understand that signing this consent does not waive my legal rights in any way.
- I understand that direct quotes will be used in the research description and results, and that all identifiable information will be removed from the direct quotes.
- I understand that I have the right to request my data be changed or removed from the study prior to the start of data analysis, which will begin one week after the first interview.

I have read this consent form. I have received a copy of this consent form for my own records. My signature below indicates my consent to participation in this study.

Participant Signature

Date

Participant Name (Printed)

☐

Check if you would like to receive a summary of the results of this study. If so, please provide your email address below.

Participant Email

**Suite 1200-1090 West Georgia Street, Vancouver, BC, V6E 3V7
T: 604 482-5510 F: 604 874-463**

Appendix I

Audio-Recording Consent Form



I give permission to Chrisoula Papadopoulos of Adler University to make an audio recording of each research interview. I understand that the recording will only be used for the purpose of the research study and will be heard only by this study's research team.

Name of Participant (Please Print)

Signature of Participant

Date

**Suite 1200-1090 West Georgia Street, Vancouver, BC, V6E 3V7
T: 604 482-5510 F: 604 874-4634**

Appendix J
Interview Protocol

Pseudonym: _____

Date: _____

Introduction

- Introduce myself
- Review the purpose of the study
- Inform participants to disclose only information they feel comfortable sharing
- Encourage participants to disclose any feelings of distress at any point
- Discussion, questions and signing of informed consent
- Provide structure of the interview (audiotaping, taking notes)
- Ask if they have any questions

Broad Questions:

- Tell me about your experiences on Instagram
- What would you consider a sexualized image of the female body?
- What words come to mind when you think about sexualized images?
- What are your responses to sexualized images of the female body on Instagram?
- What is the meaning of resistance for you?
- What are your responses to sexualized images?
- In what ways do you feel you resist to either viewing or posting sexualized content?
- What feelings come to mind when you think about resistance to sexualization?

Probes:

- What did that mean to you?
- Can you tell me more about that?
- What was that like for you?
- What did you feel at that time?
- What did you do at that time?
- Where did you learn to respond like that?
- Are there other areas of your life you feel you use resistance?
- How did it impact you?
- How did it impact other areas of your life?

Concluding questions

Is there anything you would like to add about your experiences to resistance?

What has it been like to talk about your experiences in this interview?

Concluding Statement

- Thank them for their participation
- Discuss the possibility of a follow-up interview

Appendix K

Member Checking Follow-Up Interview Protocol

Pseudonym: _____

Date: _____

Questions:

- Did you find that the transcript accurately reflected your experiences of resistance?
- If not, describe what is needed to ensure that it is an accurate depiction of your experience.
- Is there anything you would like to add or remove that may have come up after the first interview that you believe to be important?
- Are you comfortable with this/these quotes being used?

Concluding statement:

- Thank participant for her participation
- Record any observations, thoughts, feelings or reactions about the interview

Appendix L

Counselling Resources

- **Counselling BC:** <http://counsellingbc.com>, 604 729-6059
- **BC Association of Clinical Counsellors:** <http://bc-counsellors.org>, 1-800-909-6303
- **Women Against Violence Against Women (WAVA):** <http://www.wavaw.ca>,
604 255-6344

Appendix M

Distress Protocol Form

If the participant indicates that he/she is experiencing a high level of stress or emotional distress OR if the participant exhibits behaviours suggestive that the interview is too stressful such as uncontrolled crying, shaking, etc.

Stage 1 Response:

- Stop the interview
- Student researcher will offer immediate support
- Assess mental status:
 - Tell me what thoughts you are having?
 - Tell me what you are feeling right now?
 - Do you feel you are able to go on about your day?
 - Do you feel safe?

If participant is able to carry on:

- Resume interview

If participant is unable to carry on:

- Go to stage 2

Stage 2 Response:

- Discontinue interview
- Encourage the participant to contact his/her General Practitioner or mental health provider OR
- Offer, with participant's consent, to contact his/her General Practitioner or mental health provider

Follow-up:

- Follow participant up with courtesy call (if participant consents) OR
- Encourage participant to call either if he/she experiences increased distress in the hours/days following the interview

(Adapted from Haigh, C., & Witham, G. (2015). *Distress protocol for qualitative data collection*. Retrieved from

<http://www2.mmu.ac.uk/media/mmuacuk/content/documents/rke/Advisory%20Distress%20Protocol.pdf>)