



Dear Parent,

We are writing to inform you of a study being conducted by doctors and staff in the departments of Psychology, Psychiatry, Eating Disorders, Adolescent Medicine, and Gastroenterology at BC Children's Hospital. This study is looking at a new diagnosis — Avoidant/Restrictive Food Intake Disorder (ARFID)—which was recently developed to describe youth who have difficulties with eating but who do not have body image concerns. Because this diagnosis is relatively new, there is a lot we do not know about ARFID. For some youth with ARFID, disruption to normal eating is related to physical symptoms (e.g., stomach pain, nausea). This appears to overlap with Somatic Symptom and Related Disorders (SSRD). SSRD are diagnoses where individuals experience problematic physical symptoms that are related to the mind-body connection (i.e., symptoms are caused, maintained, or made worse by stress).

The research team is trying to determine how three groups of children and youth are different and similar: (1) children and youth who have a diagnosis of ARFID, (2) children and youth who have a diagnosis of SSRD with gastrointestinal symptoms, and (3) children and youth who do not have either diagnosis.

You are invited to participate in this study if **your child is between the ages of 4-18 years, is generally healthy, and does not have a diagnosis of ARFID or SSRD**. If you have more than one child that meets this criteria, please choose *one* child to participate with you.

Participating in this study involves filling out five questionnaires online, which is expected to take about 30 minutes. To participate in this study, please go to the following link:

<https://rc.bcchr.ca/redcap/surveys/?s=T9JKATAPYX>

You will be asked to indicate which group you are a part of, **please select group C**

For parents of youth aged 8 years and older: both you and your child will be asked to provide your permission to participate (called "consent/assent forms"). On these forms, you and your child will decide which of you will fill out the questionnaires. It could be parent only, youth only, or both.

For parents of children aged 4-7 years: only the parent is asked to provide their permission to participate and fill out the questionnaires.

Participation in the study is voluntary and anonymous. Please forward this study information to any parents you know who may be interested in participating. If you have any questions, please contact Dr Jennifer Coelho at 604-875-2345x4986. Thanks for your consideration!

Sincerely,



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Dr. Katelynn Boerner
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Dr. Jennifer Coelho
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QR code to access study:

