

# Week 2- Research Ethics

## **Module 1: Ethics**

### **PACE: Ethical Principles**

- Merit + Integrity
- Just Research
- Beneficence
- Respect
  - Risk
  - Consent

## **Module 2: Ethics**

### **Ethical Types**

#### Normative:

Study of ethical actions; how we ought to behave

#### Descriptive:

Study of ethical beliefs; what motivates people to be ethical

#### Applied:

Practical application of ethics

#### Consequentialism:

- Something is ethical/ unethical based on net consequences of action

#### Utilitarianism:

- Something is ethical/ unethical based on its utility: the goodness that it produces

#### Deontological Ethics:

- Something is ethical/ unethical based on the driving force of the action

#### Kantism:

- Something is moral if it's in accordance with our moral duties

#### Virtue Ethics (Aristotle):

- Ethical behaviour is behaviour from ethical virtues
- Virtues are: courage, benevolence, compassion, loyalty

## **Module 3: Ethics in Research**

### Ethics is:

- Prescriptive
- Systematic
- Universalisable

### Unethical Research:

#### Syphilis Study

- 1930-70
- Illiterate black men weren't given syphilis medication

### National Statement of Ethical Conduct in Human Research

#### Human Research

- |                 |   |
|-----------------|---|
| - Surveys       | - Treatment                                 |
| - Interviews    | - Observation                               |
| - Focus groups  | - Access to documents                       |
| - Pilot studies | - Collection of body organs/ tissue/ breath |
| - Testing       |   |

#### Principles

- Research method
- Integrity
- Justice
- Beneficence
- Respect

# Week 12- Obesity, Eating Disorders Behaviour + Body Dissatisfaction

## Infographic Statistics

- 945,000 = eating disorder in 2015
- Less than 30% = people with an eating disorder getting treatment
- EDs have the highest mortality rate
- Women's body image mostly influenced by social media, whereas men's body image mostly influenced by their partner

## Written Statistics

- Obesity reduced over past 30 yrs, levelled off over past few years
- 40% overweight, 20% mildly obese, 10% moderately to severely obese
- Relationship between mental health + obesity mediated primarily by body dissatisfaction, poor physical health, and eating disordered behaviours
- 1-20 Australians have an eating disorder
- Most common eating disorder is binge eating

## Eating Disordered Behaviour (EDB)

- Eating disorders and non-clinical variants
- 10% of women and 5% of men show EDB, however numbers are increasing
- Adverse effects on physical health: minimal, except for chronic weight control behaviours relating to anorexia and bulimia
- Adverse effects on mental health: associated with anxiety and depression

## Body Dissatisfaction (BD)

- Dissatisfaction with body, often discrepancy between one's own and ideal body
- Normative discontent: BD common in women, and increasing in men
- Adverse effects on physical health: little relation other than with mediating factors
- Adverse effects on mental health: strong association in men and women regardless of EDB level

## Obesity, BD, EDB

- BD and EDB more common for obese people
- People with binge eating disorders are typically obese
- In sum, BD and EDB are highly correlated, and mediate the relationship between mental health and obesity

## Prevention

- Obesity
  - o Psychological and behavioural treatments for obesity don't work amazingly
  - o Surgery best option, yet expensive
- BD/ EDB
  - o Targeted interventions in high risk populations show success
  - o More recent interventions focussed on population-wide prevention targeting BD and media literacy
- Integrated programs
  - o Should find middle-ground between encouraging health eating and exercise, but also not having unhealthy preoccupation with body, weight, and weight-related stigma