Appendix B: Research Protocol for Interview Study: "Incest, Eating Disorders, and Religious Self-Descriptions"

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I General Historical Frame
1. Would you tell me a little bit about your background? For instance: where you were born, your parents' ethnic heritage, class background, etc.
2. In brief, would you tell me about your family? For instance, who was around the most as you were growing up, how many siblings, what kinds of pressures did your family face?
3. Could you tell me about your schooling? Where you went to school and what it was like for you?
4. When and where did you first work? What has working (if you do work) been like for you?
5. When you were growing up, did church or synagogue have any place in your life? What place? (Denomination?)

II Abuse History
1. Being as specific or as general as you would like, please describe your experience of your history of being sexually abused.
   • How old, how often, how long at a time, in what setting?
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• Was anyone else present/Did anyone else know?
• Any discernible pattern/ritual aspect?

2. If you have any discernible memories of the abuse events, could you tell me what went on inside while you were being abused, and after? For example:
• Images
• Feelings
• Dissociation/numbness/splitting
• Conflicting feelings

3. In response to being traumatized, many people say their life fundamentally changed. Did you notice the emergence of any different behaviors or coping patterns as a result of being sexually abused?
• When did these patterns emerge?
• Can you remember what you were trying to accomplish through your (different/coping) behaviors?
• Were you ever abused in other relationships?
• Have you ever been abusive to yourself and/or others?
• As the result of being abused, did you ever have to take drugs or be hospitalized?

4. Can you tell me briefly about your experience with having an eating disorder?
• What did you hope to accomplish by being thin?
• When you felt out of control with food/weight, how did you see yourself? What kinds of things did you say to yourself?
• When you felt in control with food/weight, how did you see yourself? What kinds of things did you say to yourself?
• As the result of having an eating disorder, did you ever have to take drugs or be hospitalized?

III Religious Self-Descriptions

1. What connections, if any, do you see between your abuse history and your eating-disorder history?

2. Many survivors feel responsible for what happened to them. Did you ever blame yourself?
• If yes, how did you handle the shame?

3. Did you ever feel that being female contributed to your abuse?
• How?
4. Did you ever feel that your body size/shape had anything to do with your being abused?
5. How has your history of abuse affected your relationships with men/women/authority figures?
6. What does the world "spirituality" mean to you? How would you describe yourself spiritually?
7. Is there a god/goddess/higher power in your life? How does God/HP see you now? How would you say God saw you around the time that you were being abused?
8. In Twelve-Step groups they talk of "turning your life and will over to the care of God as you understand God." How would you say you understand God?
9. Do you see any relationship between your religious or spiritual concerns and your having been abused and/or your developing an eating disorder?
10. If you are in a spirituality group, how has it helped you heal from the pain of your past? What would you like to see improved in your spirituality group/church or synagogue that would help you heal the pain of your past?
11. If you could send a message to people who are ignorant about sexual abuse, what would you want them to know?