

**DEAKIN UNIVERSITY
INVITATION TO PARTICIPATE IN RESEARCH**



TO: Participant

Full Project Title: Cognitive aspects of Obsessive Compulsive Disorder, Panic Disorder and Phobias

Student Researchers: Ms Anna Kennedy, Ms Jane Kerr, Ms Melissa Lai, Ms Kelly Lee

Academic Supervisor/Researcher: Ms Emma Gould

Other Researcher: Dr Steve Carroll

Dear Potential Participant

We are researchers in the School of Psychology at Deakin University, Geelong Waterfront Campus, conducting a project to learn more about the experiences of people with anxiety disorders. We would like to invite you to participate in this research being conducted by four Master of Psychology (Clinical) students, who are all being supervised by Ms Emma Gould.

We are seeking volunteers to participate in this research into the cognitive and problem solving abilities of people with anxiety disorders, specifically Obsessive-Compulsive Disorder, Panic Disorder and Specific Phobias (e.g., fear of spiders, fear of dogs, fear of heights or fear of enclosed spaces).

We are also interested in finding out about what people find helpful in enabling them to cope with their anxiety disorders and what they find difficult in daily life due to these conditions. Information about the effects of these disorders on people's lives will help health professionals to better understand these anxiety disorders and may also help raise awareness in the wider community about the effects of these disorders on people's lives.

Participants who choose to be involved in this project will be provided with a questionnaire package to be completed independently. The questionnaires in this package will ask you to provide information relating to your mental health and how it impacts on your life. Following this, you will meet with one of the trained researcher from the School of Psychology for approximately 90 minutes where you will be asked to complete six tasks that assess your ability to pay attention to certain stimuli, your ability to solve problems and aspects of your memory. Your time in participating in this research and any inconvenience caused will be acknowledged by a \$15 Coles/Myer Gift Voucher, which will be given to you at the testing session.

Although the researcher who interviews you will know that you attend a mental health organization/agency, you will not be identifiable in any of the research findings. All the information you give will be confidential, and known only to the researcher. The finding of the project will be reported in general terms and no individual will be identified, or able to be identified.

Although your mental health organization/agency knows that you have been given this invitation, they do not wish to influence your decision to participate. Whether you decide to participate or not will have no bearing whatsoever on your relationship with anyone in this organization.

You are free to withdraw from the project at any time prior to commencement or at any stage during the data collection phase. You may also refuse to answer any questions at any stage during the project. Withdrawing from the project or refusing to answer any question/s will have no consequences for you or for your relationship with your mental health agency.

We hope you will consider participating. If you are willing to participate, please complete the attached slip and post it to the researchers at Deakin University. If you need more information before you volunteer, please contact Emma Gould on the number given below or via email.

Yours sincerely,

Emma Gould
Lecturer, School of Psychology, Deakin University
Telephone: (03) 5227-8492
Email: emma.gould@deakin.edu.au

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If you are willing to participate, please express your interest via one of the following methods:

- a) fill out this form and post it to *Emma Gould , School of Psychology, Deakin University (Waterfront Campus), Level 3, 27 Brougham Street, Geelong, 3217; **or***
- b) phone Emma Gould on (03) 5227-8492; **or**
- c) email Emma Gould at emma.gould@deakin.edu.au

Upon receiving your expression of interest, someone from our research team will contact you about arranging a time that would suit you to meet. You will then be given a Plain Language Statement that describes the project in more detail, and a consent form to sign.

Yes, I would like to participate in your study on cognitive aspects of Obsessive Compulsive Disorder, Panic Disorder and Phobias.

My name is.....

My age is.....

My primary language is.....

I have a diagnosis of Obsessive Compulsive Disorder

OR Panic Disorder

OR I have a fear of Spiders Dogs

Heights Closed Spaces

OR I have no diagnosis but would like to participate as a control

I would be available to participate on:

Mondays between 10-5 Wednesdays between 10-5

Thursdays between 6-8 Saturdays between 10-5

Other (please specify): _____

I can be contacted on this phone number.....

The best time to reach me on this phone number is.....