

Worry and Anxiety Disorders

CONTRIBUTING TOWARDS A GREATER UNDERSTANDING OF THE GENERALISED ANXIETY DISORDER

DESCRIPTION OF THE STUDY

PART ONE:

A package will be sent to you including a general background information form, a consent form and a questionnaire designed to measure anxiety. Having sent the completed forms back to the researchers, a convenient time that best suits you will be arranged in order for part two of the study to be completed.

PART TWO:

At the beginning of the study you will complete a brief reading test and a short-term memory task.

You may then be asked to take part in a preliminary worry induction session for 15 minutes where you will be instructed to pick a topic about which you are currently worried about and worry about it in your usual way. Alternatively, you may take part in a relaxation session where you will be instructed to focus on your breathing whilst listening to calming music.

For five minutes following the worry / relaxation session, you will either be asked to suppress particular thoughts or images or to think about anything you liked. Following this, you will be administered another short-term memory task and two psychomotor tasks which will measure simple reaction time.

The complete protocol will take no longer than one hour of your time.

CONTACT US IF.....

You are aged between 18 and 60 years and have a primary diagnosis of GAD (as assessed by a psychologist).

If you are eligible and interested in taking part in this project or would like further information regarding the research please contact the principal investigator directly.

CONTACT:

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