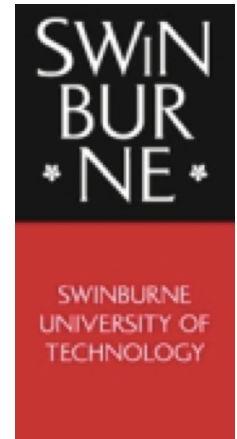


Seeing oneself across time and the associations to anxiety and depression

We are conducting a research project to investigate how the way one sees themselves across time (past, present and future) is associated with an individual's feelings. In particular, we are interested in whether the way people think about themselves across time will differ among individuals with/without an anxiety or depressive disorder.



What the study involves:

Participants will complete four parts to this study, which can be divided into two parts: Part one: a brief interview to screen you for the presence of depression and anxiety symptoms; and a survey which will ask you to provide basic demographic information and answer questions regarding mood, life satisfaction, time perspective and self-view. Part two: experience sampling where you will answer five questions once a day for four weeks on your phone; and a follow-up survey.

Participation in the interview should take approximately 30 minutes, while each survey should take approximately 45 minutes. Experience sampling should take 2 minutes each day (with a total of 1 hour for the four weeks). Participation is voluntary and you can withdraw at any time. Your participation will also be reimbursed.

Who can participate?

You are eligible to participate in the study if you:

- Are aged over 18
- Have a current anxiety or depressive condition
- Can be participate in the activities listed above

How to participate:

If you are interested in participating or would like further information, please contact the research team: smathews@swin.edu.au