



Cognition & Emotion Research Centre

**We are searching for participants for a PAID research study into
SOCIAL ANXIETY DISORDER.**

Is **Shyness** or **Social Anxiety** a problem for you? Do you **fear social situations?** (e.g., meeting new people, social gatherings, and public speaking) Are you diagnosed with **Social Phobia** or **Social Anxiety Disorder**, or think you may suffer from these? Do you or someone you know with social anxiety want to participate in research into the experience of Social Anxiety? Then this project may interest you!

**YOU CAN HELP CONTRIBUTE TO THE RESEARCH OF SOCIAL ANXIETY DISORDER BY PARTICIPATING IN
A RESEARCH PROJECT!**

We are looking for individuals with HIGH SOCIAL ANXIETY

Using cutting-edge mobile technology to monitor feelings, behaviour, and physiology in the 'real world' alongside laboratory exploration of social behaviour and functioning, we aim to understand several key aspects of emotional functioning in daily life. The study involves 3 parts:

Lab-based sessions: Two 1-1½ hour sessions will be conducted in the laboratory at ACU (Melbourne Campus, Fitzroy). You will complete some background and well-being questionnaires, and a social task.

Mobile App monitoring: Using an app on your smartphone (android/iPhone) we will monitor your feelings and behaviour via a series of prompts that involve answering a brief questionnaire multiple times per day across 7 days (~15 mins per day).

Saliva collection: During the mobile app monitoring, you will also complete at home saliva sampling for 3 of the 7 days.

You can participate, *if*:

- **You have a current or suspected diagnosis of Social Anxiety Disorder**
- **Are right-handed**
- **Between the ages of 18 - 55 years**
- **A non-smoker & no drug/alcohol abuse**
- **Medication free (ideally)**
- **Have no metal objects present in body (or which cannot be removed)**
- **Own a smartphone (android or ios)**

Interested? Contact Caitlin Grace via EMAIL at caitlin.grace3@myacu.edu.au

Participation is voluntary and you can withdraw at any time. You will be reimbursed for your time and effort: \$150 at the completion of the study. **The total time commitment is approximately 4HRS.**