

Parenting with Anxiety: Helping Anxious Parents Raise Confident Children



What is the Parenting with Anxiety study?



I am Professor Sam Cartwright-Hatton who heads the Parenting with Anxiety study team at the University of Sussex. Our work is focused on developing tools and support to help parents who experience anxiety and reduce anxiety in children.

We are looking for 2,000 parents who experience anxiety to join us in testing an online course developed to give anxious parents skills and techniques to raise confident children.

Parents who get involved are not only helping us to test the course, they are contributing to scientific research which will bring us closer to improving the lives of parents and children with anxiety.

What does taking part involve?

The course is made up of eight modules. They take about 20-30 minutes to complete and it is all done online, on your computer, tablet or smart phone. You can do it at your own pace and at a time that suits you.

You will also be asked to fill in a set of questionnaires at the start and again on two occasions over the next year and a half.

Half of the parents who sign up for the study will be asked to complete this course and the other half will just be asked to fill in the questionnaires.

If you wanted to try the course, it may be disappointing to be in the control group, but you are still playing an essential role in our work in helping parents with anxiety. We value the contribution of every parent who takes part.

Who can take part?

You can take part if you:

- Experience high levels of anxiety
- Have a child aged 2-11 that you see at least 50 days per year
- Are aged over 16
- Are a UK resident
- Are able to commit your time to answering our questionnaires on three occasions over the next 18 months

Find out more and sign up at

www.parentingwithanxiety.org.uk