THANK YOU FOR YOUR INTEREST IN THE BRAVE-ONLINE PROGRAM!

We are a team of researchers from the University of Queensland, Griffith University and the University of Southern Queensland who are interested in investigating anxiety in children and adolescents. Between 5 and 10% of children are affected by severe anxiety, which has extremely debilitating effects on a child’s emotional, social and educational functioning. In particular, social anxiety is one of the most common anxiety disorders and is described as a persistent fear of social situations in which the child is exposed to unfamiliar people or to possible scrutiny by others.

The ‘BRAVE Team’ are offering an internet-based program (BRAVE-ONLINE Program) for teenagers aged between 13 and 17 years who are experiencing social anxiety. The aim of this research project is to investigate how treatments for social anxiety can be delivered via the Internet for children and adolescents. Many families are unable to attend face-to-face clinics, and prefer to participate in programs from their own home. The project also aims to determine whether treatment programs that specifically target social anxiety are more effective than treatment programs that focus on treating anxiety disorders as a whole.

The BRAVE-ONLINE Program will be running throughout this year, and parents are welcome to call us any time during the year. This program will incur a registration fee of $120, with parents receiving a $25 gift voucher each time they complete a follow-up questionnaire package.

There are no expected ill effects from participating in this study. This study has ethical clearance from the University of Queensland, Griffith University and the University of Southern Queensland. Taking part in this study is voluntary, and families are free to withdraw at any time. In the event that we identify any children that are experiencing high emotional distress and/or are not responding positively to the treatment program, we will contact their families to assist them in finding an appropriate referral. They will also be provided with contact details for a list of useful support services.

We hope to reach a diverse range of families across Australia and would be extremely grateful if you could assist us in making our program materials available to potential families. We have enclosed a flyer that provides some information about the program and would greatly appreciate it if this poster could be displayed where parents or families may have access to this information. Alternatively, we have also provided some brochures and smaller flyers that you may like to make available or provide to families.

We thank you for your assistance and if you require any further information or additional copies of the materials, please do not hesitate to contact us or access our website www.exp.psy.uq.edu.au/socialanxiety

Yours sincerely,

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