



INFORMATION SHEET FOR YOUNG PEOPLE

REC Reference Number: HR 16/17-3058

Title of the study: Why do we sometimes feel anxious?

We are inviting you to take part in a new research study. Please read this information sheet before you decide if you want to take part. You do not have to take part in this study if you do not want to. The information below should help you understand why this study is being done and what it will involve.

What is the study about?

People differ in how easily they become worried or anxious. Some people feel more anxious at times when they are talking with their friends, classmates, teachers or family. Some other people do not feel as anxious when they are doing these things. In this study, we are interested in why some people feel more worried and anxious than others.

What does taking part involve?

You are invited to take part in some sessions with a member of the research team. All of these sessions will take place at your school, at your home or where the researcher works.

In some of your sessions, you will take part in fun activities with the researcher. In one of these activities, you will be asked to complete some puzzles and language tasks. You will also be shown some videos and will be asked to talk about what you see. In another task the researcher will read you two short stories and ask you some questions about these stories. You will also take part in a task where you will be asked to listen to your heart.

You will also be asked to complete some questionnaires on the computer. Some questions will ask you about things that might make you feel worried. Some other questions will ask you about the emotions you feel and what happens when you feel them. Other questions will ask you about feelings in your body. You will also be asked about how you see the world around you and anything you find difficult.

You will be asked to have a short talk with a member of the research team. They will ask you some questions about the feelings you have had in different situations.

Some of the things you say to the researcher will be recorded or filmed. This is so the researcher can listen back to what you said. The researcher will explain each of the tasks to you before you do them. You can ask the researcher any questions you have about the tasks. If you are unhappy and do not want to do a task for any reason, please tell the researcher and they will stop.

All of your answers will be kept private. None of these tasks or questions are a test. There are no right or wrong answers. To thank you for taking part in all of the sessions, you will be given raffle tickets and entered into a prize draw for a chance to win one of three gift cards (£200, £100 or £50). If you complete all sessions you will also be given a small gift.

I would like to take part. What do I do next?

If you would like to take part in the study please fill out the form you will be given. This will let the researcher know that you are happy to take part.