



## **Parents with lived experience of anxiety difficulties who have accessed an IAPT service**

### **Would you like to help shape mental health science?**

We are a team of researchers from the University of Southampton who want to better understand how to prevent the development of anxiety in young children. To do so, we are looking for **parents who have / have had an anxiety disorder and have accessed an IAPT service to seek treatment for this.**

Parents should be willing to meet with the research team remotely (via Zoom / Teams) to be involved in co-designing, conducting and disseminating our research.

To join, you need to:

- be a parent (aged 18 years or more) of a pre-schooler (0-4 years old)
- have lived experience of anxiety disorder / impairment caused by anxiety
- have accessed an IAPT service
- commit to attend four online meetings throughout the research project (roughly 1 every 2-3 months)

You will be compensated **£25 for each 1 hour meeting** that you attend. The total commitment is expected to be 4-6 hours across the project.



**For more information on how to get involved, please contact Francesca Zecchinato (PhD researcher at the University of Southampton):**

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