



University of Essex

We want to know your opinion!

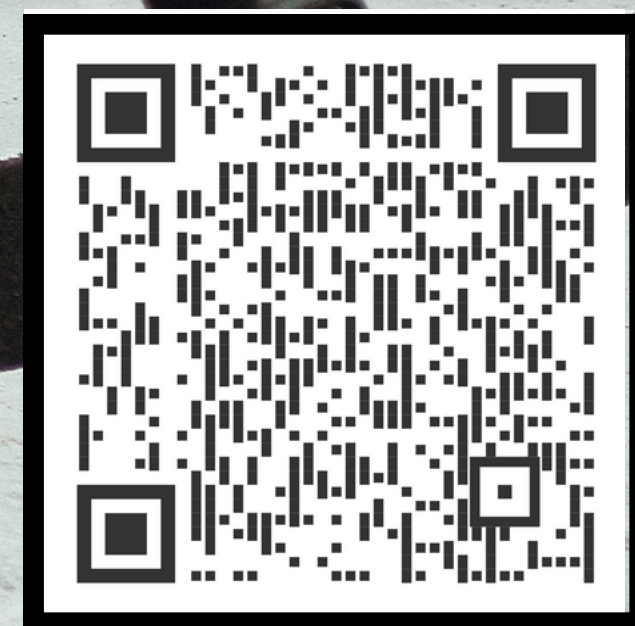
Do you think movement could be used as a diagnosis or monitoring tool for anxiety and/or depression?



Mental
health
research

SPORT,
REHABILITATION
AND EXERCISE
SCIENCES

MORE INFORMATION



PARTICIPATION INVOLVES

Are you free on 5th August 2024?

We would ask for you to join us for a **3 hour focus group**. We would like to know your thoughts and acceptability of using movement and balance for diagnosis and monitoring of mental health conditions.

We would like to **offer you £45 to reimburse you for your time** in joining the focus group. We also have **up to £40 travel reimbursement** available per person.

WHO ARE WE LOOKING FOR?

- ✓ Aged 18 and over
- ✓ Have lived experience of anxiety and/or depression
- ✓ No other diagnosed mental health conditions

ERAMS REFERENCE: ETH2324-0978

If you are interested, please contact Aleksandra Birn-Jeffery



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