

Media Release

Chiefs of Staff, News Directors

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Participants sought for new study into anxiety disorders

People who suffer from a panic disorder, or social anxiety disorder, are being invited to access treatment as part of a new research study.

Researchers from the University of Tasmania's School of Psychology are investigating the effectiveness of a new intensive cognitive-behavioural therapy treatment.

The free, confidential treatment program will be held three times a week, over four weeks, for eligible participants.

"About a third of individuals will experience an anxiety disorder at some point in their lifetime and social anxiety disorder and panic disorder are common anxiety disorders experienced in the community" chief investigator, and School of Psychology lecturer, Dr Bethany Wootton said.

"These ailments can be very debilitating and have a serious impact on all aspects of a person's life."

Intensive cognitive-behavioural therapy treatment involves addressing the unhelpful thoughts and avoidance symptoms, and involves clients very gradually facing the things they have been actively avoiding.

"We are offering a type of treatment that can be difficult for many patients to access," Dr Wootton said.

"As part of the study, participants will also be asked to provide feedback to assess whether the treatment has been effective for them."

The program will be run out of the University Psychology Clinic at Sandy Bay.

People interested in participating in the study, or for more information, should contact Amy MacGregor (panic disorder) at amym52postoffice.utas.edu.au; Alexandra Hunn (social anxiety disorder) huna@postoffice.utas.edu.au; or chief investigator Dr Bethany Wootton (bethany.wootton@utas.edu.au; 03 6226 7124).

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