Help for shy teens!

A team of researchers (BRAVE Team) at Griffith University and the University of Queensland are investigating an internet-based program for teens suffering from social anxiety. Social anxiety is often referred to as extreme shyness or fear of being embarrassed in front of others. Social anxiety is very common in teenagers, and can be associated with negative social and emotional consequences. However, there is research to suggest that the earlier we intervene with anxiety, the less impact it is likely to have on a child’s development and future.

We are seeking teenagers aged between 13 and 17 years to take part in our study. Teenagers will complete one of two online programs (BRAVE-ONLINE or BRAVE Social-ONLINE) designed to help them learn strategies for managing social anxiety and ways to cope with anxiety-provoking social situations. As part of the program, teenagers will complete ten, 60-minute online sessions over a period of 10 weeks. Two online ‘booster’ sessions will be conducted 1 month and 3 months after completion of the program. Parents are also required to complete five, 60-minute online sessions and two online booster sessions.

You will need to have access to a computer and the internet to take part in this study. Eligible families will be randomly assigned to complete one of two online programs, receiving either the BRAVE-ONLINE program or the BRAVE Social-ONLINE program (either immediately or in 10 weeks time). There is a single upfront fee of $120 per family. A rebate of $25 will be provided at the conclusion of each post-treatment time point.

As part of the research study, teenagers and parents will also be asked to complete questionnaires and telephone interviews that ask about emotional and behavioural problems.

If you are interested in participating in our program or have any questions, please contact the Brave Team on Ph: (07) 3735 3312 or email brave@psy.uq.edu.au.

You can also visit our website for more information: exp psy.uq.edu.au/socialanxiety