Frequently asked Questions

Is there a cost involved?

Families will be charged a one-off fee of $120 to assist in covering treatment costs. A rebate of $25 in vouchers will be available to families each time they complete post-assessment interviews and questionnaires.

Can I choose which condition I am in?

Unfortunately we cannot take individual preferences into account. Families are randomly allocated to each group and therefore must be willing to be in either the start now condition, or the start later condition.

What type of treatment is used in the BRAVE Program?

The BRAVE Program is based on cognitive-behavioural principles (CBT) for the treatment of social anxiety. Therapy techniques include relaxation training, identifying emotions and thoughts, positive self-talk, coping skills, problem solving and graded exposure.

How do I register for the program?

If you would like to be involved in the BRAVE Program, please contact the BRAVE Team. Contact details are listed on the back of this brochure.

For further information contact the BRAVE Team
The BRAVE Program for Teens with Social Anxiety

Phone: (07) 3735 3312
Email: brave@psy.uq.edu.au
Website: exp.psy.uq.edu.au/socialanxiety

Teenagers with Social Anxiety

Are you shy around other people and do you worry about what they think of you?

Do you find it hard to ask or answer questions in class?

Do you sometimes avoid social situations?

Do you worry about speaking to people you don’t know well?
Types of Anxiety

Anxiety affects around 8–10% of teenagers. There are different types of anxiety that teens can experience.

Social Phobia (Social Anxiety)

Some teenagers are very worried about interacting with people, or being the focus of attention. They may feel very nervous about doing talks in front of the class or asking the teacher a question. Often they worry that other people will think that what they say, or what they do, is stupid or that someone will laugh at them.

Without treatment, social phobia may get worse and teenagers often do not just ‘grow out of it’. If left untreated, social anxiety can impact upon a person’s social relationships and their quality of life. It can also affect their home and school life.

The good news is that social anxiety can be treated!

The Brave Program

Researchers from the University of Queensland and Griffith University have developed internet-based programs for teenagers with social anxiety. The treatment program involves 12 sessions for teenagers and 7 sessions for parents.

The sessions are completed weekly and usually take around an hour. During this time you will learn skills such as relaxation, problem solving, identifying anxious body signs and recognising unhelpful thinking styles, to help you cope with social anxiety.

Who can be involved in the program?

The program is open to teens aged 13–17 years, who are suffering from Social Phobia (Social Anxiety). As part of the research, families are randomly assigned to either the start now or start later condition. Those in the start later condition will start the program 10 weeks after their initial assessments. Those in the start now condition will be able to start the program immediately after the initial interviews.

All will receive a generalized program known to successfully treat various kinds of anxiety, or a program tailored specifically for social anxiety. Families must be willing to partake in any of the conditions. Interviews and therapy will be conducted over the phone or via the internet in your own home at a time that suits you. There will be no travelling involved, but you will need a home computer and internet access.

The Research Aspect

The BRAVE Program is currently part of a research project examining the efficacy of both the general program and the program tailored specifically for social anxiety. For this reason, families involved in the study will be asked to complete interviews and questionnaires at various stages of the study.

What does BRAVE stand for:

- Body signs
- Relax
- Activate helpful thoughts
- Victory over your fears
- Enjoy! Reward yourself