Help is available for teenagers with Social Anxiety!

Social Anxiety (extreme shyness, or fear of speaking or performing in front of others) is common in teenagers and can be associated with negative social and emotional consequences. However, there is research to suggest that the earlier we treat social anxiety, the less impact it is likely to have on a teenager’s development and future.

If you believe you suffer from social anxiety, help is available. We are seeking teens aged between 13 and 17 years to take part in our internet-based treatment study.

The treatment program involves 12 online sessions for teenagers and 7 online sessions for parents. The weekly sessions take approximately an hour to complete and are designed to help teenagers manage their social anxiety. Families are charged a one-off fee of $120 to assist in covering treatment costs.

As part of the research study, you will also be asked to complete questionnaires and telephone interviews. A rebate of $25 in vouchers will be available to families each time they complete post-assessment interviews and questionnaires. 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