

Is living with an anxious relative stressing YOU out? Want skills?

You may be eligible to participate in a research study to learn coping skills for living with an anxious loved one.

Study participation involves five weekly group sessions, as well as three study assessments. You will receive a cognitive-behaviorally based therapeutic intervention at no cost. Sessions will be held in the evenings on UNC's campus.

For more information, email or call:

anxiety@unc.edu

919-843-3951



Individuals may be eligible if they are

- aged 18 – 70 years old
- cohabitating with their anxious relative for at least one year
- willing to attend and give consent to audiotaping all study sessions.

Exclusion criteria apply.

UNC IRB Study #17-1396

UNC IRB Contact: 919.966.3112

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