

Emotion-Skills Training Study: Try our online training program if you believe you have symptoms of eating disorders, obsessive-compulsive disorder or anxiety, or traits of autism.

We are a group of student from University College London and are asking for you to participate in our study: Existing research has largely focused on people receiving treatment in hospitals and we think emotion skills training could be helpful for the wider population. We are looking for people who are 16 + and think they might be struggling with their relationship with their body and eating/food, as well as those who think they might be affected by obsessive-compulsive disorder or anxiety symptoms and those who think they might have traits of autism. You must not be currently receiving any treatment for a mental health difficulty in order to participate.

What is involved?

- Pre-intervention Questionnaire (20 minutes)
- Completing 1 module per week for 4 weeks (20-30 minutes per week) – the intervention materials will be available in both written and audio format.
- Post-intervention questionnaire (15 minutes)

The questionnaires will ask about eating habits, anxiety, symptoms of obsessive-compulsive disorder, traits of autism, loneliness, social support and emotion regulation. The intervention which has been widely used in clinical settings will provide strategies for dealing with negative emotions.

We will need your email to send you the weekly intervention materials, reminders, and the post-intervention questionnaire; this will be destroyed once the study is complete.

If you have any further questions before you decide whether to take part, you can research our supervisor at a.harrison@ucl.ac.uk