

## Daily predictors of distressing infection fears



We are conducting a real-time app-based study looking at how young people experience distressing worries and anxieties about becoming infected (including by Covid), also known as contamination fear, and support them during their daily living.

**The project will involve an opportunity to:**

- Complete a short online survey twice.
- Track your daily life infection fears and interactions with an identified key relative using an app for 7 days.
- Receive an Amazon voucher worth £20 for each participant of the pair as a token of appreciation.

**This project is for you if you are:**

- Aged 18 to 25.
- Experience high levels of infection fears.
- Living or having at least 10 hours of weekly contact (face-to-face or online) with a key relative (such as a parent, partner, spouse, or close friend).
- Able to access an android smartphone with internet access.



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The study has received ethics approval by the School Research Ethics Panel (SREP) and ratified by the Faculty Research Ethics Panel under the terms of Anglia Ruskin University's Research Ethics Policy and the Code of Practice for Applying for Ethical Approval at Anglia Ruskin University