Hello,

As part of my thesis, I have created a survey to observe if there are associations between one's quality of life, self-esteem, and the ability to control one's thoughts and if these conditions influence intrusive thoughts. If you would like to participate, please feel free to share it and spread the word by using this link:

https://maynoothpsychology.qualtrics.com/jfe/form/SV 0wcPRW182B3JuGa OR by scanning the QR code on the poster below.

Thank you.

