

ANGER AND TRAUMA STUDY

Macquarie University

Invitation to Participate - PAID

Anger is a common emotional response after experiencing a traumatic event. Difficulties managing anger can have a devastating effect on many aspects of a person's life including their personal relationships, their work, emotional and physical health.

Carmen Germain, a psychologist and Doctor of Clinical Psychology candidate at the Centre for Emotional Health, Macquarie University is studying approaches to anger treatment, particularly for people who have experienced a traumatic life-event (the experience or witnessing of an event which threatened one's life or safety, or that of others around them).

Have you experienced a traumatic life event?

Do you feel angry or irritable?

Would you be interested in participating?

Participation involves:

1. An interview (approximately 1 hour) to:
 - Complete a series of questionnaires about your emotional well-being and coping styles;
 - Participate in a memory recall task about a recent anger-provoking event;
 - Complete an attention exercise, and then ...
2. A 10-minute phone interview the following day

You will receive \$30 for your participation

If you are over 18 years of age, and you would like more information about the study, or if you are interested in participating, please contact

Carmen Germain at carmen.germain@students.mq.edu.au or 0432 020 669 to find out if you are eligible to take part.