

18 August 2022

LOTS OF KIDS ARE FEELING ANXIOUS AT THE MOMENT – IS YOURS?

Dear Parent/Caregiver

Has your child with CF been feeling anxious? Do you know how to help them?



The University of Queensland is running a research project for parents of children aged 6 – 14 with CF. The online “Fear-Less Triple P workshop” includes six sessions aimed to **provide you with knowledge and skills to assist your child/ren with anxious emotions**. You will have free access to these workshops to complete in your own time, at your own pace.

Participation in this project also involves online surveys (for you and your child), which include questions around emotional wellbeing and life with CF.

Please find attached:

- A study information brochure – giving you a brief overview of the project.

[INFORMATION BROCHURE >](#)

- Parent/Guardian Information Statement – for detailed information about the study.

[PARENT INFORMATION SHEET >](#)

If you are interested in participating, or would like to ask further questions, please register your information via this link and a member of the research team will be in touch with you soon: https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_9GKMxkp35Nq2fjw or you can email us at h.kimball@uq.edu.au

Kind regards

Professor Vanessa Cobham
Advanced Clinical Psychologist, University of Queensland

Dr Tonia Douglas
CF Service Lead, Paediatric Respiratory and Sleep Physician

Hayley Kimball
PhD Candidate and Provisional Clinical Psychologist, University of Queensland

