

**RE: RECRUITMENT FOR CLINICAL TRIAL**  
***Kids in Mind (KIM) - Mindfulness for Parent Stress***  
***FREE Mindfulness training for parents of young children (3-7 years) experiencing anxiety***

We are writing to advise you about an exciting opportunity for parents to be part of a study at Griffith University Gold Coast examining the effectiveness of mindfulness training for parents of young children (ages 3 to 7) who are experiencing high anxiety.

Parenting can be stressful and can be even more challenging when children experience anxiety and worries. Anxiety disorders are among the most common mental health disorders affecting children. In Australia, 7% of children and adolescent between 4 to 11 years of age experience an anxiety disorder. In children, anxiety disorders are among the earliest mental health disorders to onset, cause significant distress and impairment, and predict the development of other mental health disorders and substance use problems later in life.

This **mindfulness parent training** has been shown to be an effective intervention for helping parents of children experiencing Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD). It has been shown to reduce parent's stress, anxiety and depression and to also lead to improvements in children's behavior, attention and concentration. However, there is little research evaluating mindfulness training for parents of young children with *anxiety disorders*.

- Our research trial study will explore the effects of mindfulness training for parents of young children (ages 3 to 7) who are experiencing high anxiety (e.g., social anxiety, separation anxiety, generalized anxiety, or specific phobias).
- We are offering parents a FREE 8-week mindfulness training group.

Please consider referring appropriate families with young children (3 to 7 years) experiencing high anxiety for the trial. These families may benefit from this intervention and will also help to advance important research.

The study has been approved by Griffith University Research and Ethics Committee (Ref No: 2018/894).

For further information or to participate please contact us;  
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Yours sincerely,

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