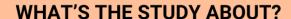
JOIN OUR STUDY: COMPASSION SKILLS COURSE FOR PEOPLE WHO STUTTER



ARE YOU SOMEONE WHO STUTTERS?

We'd love for you to take part in a 2 week online course exploring how selfcompassion can support emotional well-being.



This study investigates whether a short, self-compassion course can help reduce self-criticism, boost self-esteem and reduce anxiety in social situations.

WHAT'S INVOLVED?

- 2 week self directed online course with 10minute daily video exercises focused on building self-compassion skills
- Short surveys about your well-being and selfcompassion at three points during the study
- Share your experience of the study in a brief written feedback form

WHO CAN TAKE PART?

Adults (18+) who identify as a person who stutters, proficient in English & are not currently receiving cognitive or compassion-based therapy.

WHY TAKE PART?

- Can reduce stress, increase resilience and boost psychological wellbeing
- May help you manage difficult emotions associated with challenging speaking situations
- Contribute to valuable research that could benefit others who
- stammer

INTERESTED?

For more information, scan the QR code or email Ben Farmer at b.farmer@surrey.ac.uk. We'd love to hear from you!





Researcher: Ben Farmer

This study has been approved by the University of Surrey Research Ethics Committee Ref: 23-24 194 EGA