

JOIN OUR STUDY: COMPASSION SKILLS COURSE FOR PEOPLE WHO STUTTER



UNIVERSITY OF
SURREY



WHAT'S THE STUDY ABOUT?

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

ARE YOU SOMEONE WHO STUTTERS?

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

WHAT'S INVOLVED?

- 2 week self directed online course with 10-minute daily video exercises focused on building self-compassion skills
- Short surveys about your well-being and self-compassion 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 well-being
- 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!



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