

Mind Focusing Techniques for the Over 65s

'Ronald Zammit is a doctoral clinical psychology student at The University of Southampton. As part of his doctoral thesis he is investigating how different mind-focusing techniques impact on how people aged 65 and over think and feel about their bodies' appearance and functioning. **Are you interested in taking part?**

If yes, you will be asked to complete a set of questionnaires at the start and end of the study which will take approximately 45-60 minutes on each occasion. There will also be a five minute writing task related to how you feel about your body and listen to a ten minute long audio recording of mind focusing techniques on a daily basis over a two week period.

The study will take place entirely online, so no travelling is involved. The aim of the research is to shed light on the topic of body image in older adulthood and help contribute to the development of interventions aimed at improving body-image related distress.

By taking part in this study, you will be helping us to understand more about this topic and improve the quality of life for people in your age group.

As a 'thank you' for taking part, you can choose to opt into a prize draw at the end of the study with a chance to win one of four £50 shopping vouchers.

Interested? For further information contact Ronald on 07584 784 987 or email:

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Or click on the link:

<https://sotonpsychology.eu.qualtrics.com/jfe/form/SV8easRZofiS9958F>