Frequently Asked Questions

Is there a cost involved?
Families will be charged a one-off fee of $100 to assist in covering treatment costs. A rebate of up to $50 in vouchers is available to families who complete all assessment interviews and follow-up questionnaires.

Can I choose which condition I am in?
Unfortunately we cannot take individual preferences into account. Families are randomly allocated to each group and therefore must be willing to be in either the clinic or internet condition.

What type of treatment is used in the BRAVE Program?
The BRAVE Program is based on cognitive-behavioural principles (CBT) for the treatment of adolescent anxiety. Therapy techniques include relaxation training, identification of emotions and thoughts, positive self-talk, coping skills, problem solving and graded exposure.

How do I register for the program?
If you would like to be involved in the BRAVE Program, please contact the BRAVE Team. Contact details are listed on the back of this brochure.

For further information contact the BRAVE Team
The BRAVE Program for Teenagers
Phone: (07) 3346 9516
Email: brave4teenagers@psy.uq.edu.au
Website: www.psy.uq.edu.au/webexp/kidscoping

Teenagers with Anxiety
Are you really scared of particular things such as snakes, needles or heights?
Is it hard for you to stop worrying about things such as school, family, your health or things going on in the world?
Do you get very upset about being away from your parents?
Are you shy around other people and do you worry about what they think of you?
The BRAVE Program

Researchers at the University of Queensland have specifically developed internet-based and clinic-based programs for teenagers with anxiety. Both the internet and clinic-based treatment programs, involve 12 sessions for teenagers and 7 sessions for parents. The sessions are completed weekly and usually take around an hour. During this time you will learn skills such as relaxation, problem solving, identifying anxious body signs and recognising unhelpful thinking styles, to help you cope with anxiety.

Who can be involved in the program?

The program is open to teenagers aged between 13 and 17 years, who are suffering from either Separation Anxiety, Specific Phobia, Social Phobia or Generalised Anxiety. As part of the research, families are randomly assigned to completing the program either in the clinic or over the internet, therefore families must be willing to participate in either condition as preferences cannot be taken. If you are placed in the clinic condition, you will be required to come to the psychology clinic at the University of Queensland for each session. If you are placed in the internet condition, you will complete the sessions in your own home using a computer and will be asked to start either straight away or after a 12-week wait.

The Research Aspect

The BRAVE Program is currently part of a research project examining the effectiveness of delivering treatment for anxiety over the internet. For this reason, families involved in the study will be asked to complete interviews and questionnaires at various stages of the study.

Types of Anxiety

Anxiety affects around 8-10% of children and teenagers. There are also different types of anxiety that teenagers can experience.

Social Phobia
Some teenagers are really scared of interacting with people, or being the focus of attention. They may feel really nervous about doing talks in front of their class or asking the teacher a question. Often they worry that other people will think that what they say is stupid or that someone will laugh at them.

Generalised Anxiety
Some teenagers always seem to be worrying about something. It may be their grades at school, things relating to their family, their health, how good they are at sport, or things going on in the world. Often they will talk to others about their worries but they still find it hard to stop worrying about those things.

Separation Anxiety
Some teenagers become worried when separated from people they are close to, such as their parents, siblings or other relatives. They may avoid sleepovers, school camps and get upset when their parents go out for the night.

Specific Phobia
Some teenagers are fearful of certain objects or places such as injections, heights or spiders. They can become extremely distressed when exposed to these things or may attempt to avoid situations where they may come in to contact with what they are scared of.