

DO YOU WORRY ALL THE TIME? IS IT HARD TO CONTROL YOUR WORRY?

Are you experiencing:

	YES	NO
☪ Restlessness?	<input type="checkbox"/>	<input type="checkbox"/>
☪ Muscle Tension ?	<input type="checkbox"/>	<input type="checkbox"/>
☪ Difficulty Concentrating?	<input type="checkbox"/>	<input type="checkbox"/>
☪ Difficulty Sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
☪ Irritability?	<input type="checkbox"/>	<input type="checkbox"/>

**If you answered YES, you may be suffering from
GENERALIZED ANXIETY DISORDER (GAD).**

The Stress and Anxiety Clinical Research Unit of the University of Ottawa Institute of Mental Health Research is looking for men and women 18 years and older to participate in a study to evaluate two types of psychological interventions for GAD. GAD is characterized by excessive worry that is difficult to control. The anxiety can significantly affect the quality of your life.

If interested please call **613-798-2995, mailbox 5** and leave a message with your name and phone number.

You may be accepted into the study after a careful evaluation by our staff.

Affiliated with the University of Ottawa, the Institute of Mental Health Research is located at the Royal Ottawa Mental Health Centre a specialized mental health facility for residents of northeastern Ontario.

All queries are strictly confidential. This study has been reviewed by the Research Ethics Board