



## Are you interested in research on anxiety in older adults?

If so, you may be eligible to join our Patient and Public Involvement (PPI) Group.

## Understanding Anxiety in Older Adults

This study is part of a PhD thesis which aims to explore how older people with anxiety, from different cultural backgrounds, understand anxiety, how they cope with it, and what they believe are the barriers to seeking help.

We hope that the findings of this study will help us understand how to improve health services provided to older people with anxiety and how to make these services more acceptable to them.

**Being a public contributor would benefit your personal development** as it would provide you with the opportunity to:

- act as a champion for older people,
- learn more about research.

**Responsibilities of public contributors** include working with the research team members on certain aspects of the study such as:

- developing the interview guide,
- developing the participant recruitment material,
- providing input on the interpretation of the study findings,
- sharing the study findings with key stakeholders.

## Are you eligible?

- Aged 65 years or over,
- self-identify as being White British or South Asian (Pakistani, Indian, Bangladeshi) or African Caribbean,
- willing to fulfil the outlined responsibilities.

## Working methods

- Group meetings will be conducted via a digital platform, such as Zoom.
- You will be reimbursed for your time as per INVOLVE guidance.

**If you are interested in becoming a public contributor, please contact a member of the study team:**

- Rasha Alkholy
- PhD student at the University of Manchester
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