



## Are you 65 years or older?

If so, you may be eligible to join our study.

## Understanding Anxiety in Older Adults from Diverse Cultural Backgrounds

This study is funded by **The University of Manchester** and is part of a PhD thesis.

It aims to **explore how older people, from different cultural backgrounds, understand anxiety, and how their understanding affects the way they cope with it and the way they seek medical advice.**

### What will be asked of you:

- If you do decide to take part, we will audio-record your verbal consent and answers to 3 brief questionnaires. This will take around 20-30 minutes.
- We would then like to **interview** you and **ask you about your experience with anxiety**. This interview will be **up to 1 hour long**.
- **Interviews** will be done over **phone** or **Zoom**.
- They will be **audio-recorded**.
- If you prefer to have your interview in a **language other than English, an interpreter will be provided**.
- You will be reimbursed for your time.

### You may be eligible to participate if you:

- are 65 years or over,
- describe yourself as being a "worrier" or experience anxiety or stress.
- self-identify as being White British or South Asian (Pakistani, Indian, Bangladeshi)/ British Asian or African/British African or Caribbean/British Caribbean,
- living in the UK.

### If you are interested in taking part in the study, please contact:

- Rasha Alkholy
- PhD student at The University of Manchester
- Email: rasha.alkholy@postgrad.manchester.ac.uk
- University research phone: 07716899787
- If you prefer to speak in a language other than English, kindly send a text message stating your preferred language and availability for a phone call and we will arrange for an interpreter to be available during our conversation.