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RESEARCH ON CHANGES FOLLOWING STRESSFUL EVENTS

Bad things happen in life. Research shows that up to 90% of adults will experience or witness at least one potentially stressful event during their life time. These stressful events could be exposure to life threatening or acute illness, violent or abusive crime, accident or injury, disaster (natural or man-made) or combat. Research also shows that people might experience positive changes following a stressful life experience. The aim of this study is to evaluate changes that people might have experienced after a stressful event and also to understand how those changes are noticed by other people. If you are eligible to participate in this research, you will be requested to nominate two people who know you well and you are close to.

If you are 18 years or older and:

- Have experienced a stressful life events and
- You are willing to nominate two people (*friend or family members and only one will be contacted*) who know you well

Then you are eligible to take part in this study.

You will be engaged in screening for eligibility and then for a comprehensive assessment, if you meet the research criteria. This procedure will take 1 hour and 45 mins. If you are keen to participate in this research please contact :

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email: john.martin3@students.mq.edu.au for further information.