

Debriefing

Thank you for your participation in this study! This project is being conducted by Maxwell Barvian, a senior at North Central College. This study hopes to gauge and improve the usefulness and usability of a self-help iPhone application for patients with Generalized Anxiety Disorder (GAD).

Sometimes, completing tasks related to anxiety may unintentionally stir up some negative feelings. If this is the case, please consider talking about these emotions with a professional. Research has shown that counseling can be a very effective treatment for overcoming anxiety without medication. The **NCC Counseling Center** provides free, confidential counseling for students and is located in the Dyson Wellness Center on the second floor of the Benedetti-Wehrli Stadium. You can drop in or make an appointment by calling (630) 637-5550.

If you would like to receive a summary of the results at the end of the term, please contact Maxwell Barvian at mlbarvian@noctrl.edu. If you have concerns about your rights as a participant in this experiment, please contact Dr. Mary Jean Lynch, Chair of the Psychology Department.

Since this study will be continuing for the next several weeks, we ask that you please do **not** discuss what you have done in this project today with any other students at North Central College. We believe if people know about this project, they may prepare and respond differently than if they are seeing it for the first time.

Thank you!