

SAFE APERTURE STUDY

Pre-registered RCT | Oct 20, 2025



Study Overview

Research Team



Research Design

Pre-registered RCT testing ambiguity tolerance training through graduated exposure protocols and validated psychological measures..

Data Analysis

Mixed-effects modeling of TAS, IUS-12, and GAD-7 scores to evaluate intervention efficacy and mechanisms of change.

Academic Writing

Manuscript preparation for peer-reviewed publication in mindfulness and clinical psychology journals, regardless of results direction.

Study Rationale & Objectives

This research addresses the critical need for effective interventions to enhance ambiguity tolerance—a trans diagnostic factor underlying anxiety and decision-making difficulties. The Safe Aperture program delivers graduated exposure to uncertainty through a 4-week, web-based protocol.

Primary Objectives:

- Evaluate efficacy of ambiguity tolerance training
- Assess effects on intolerance of uncertainty and anxiety
- Establish feasibility and acceptability of digital delivery

Research Significance

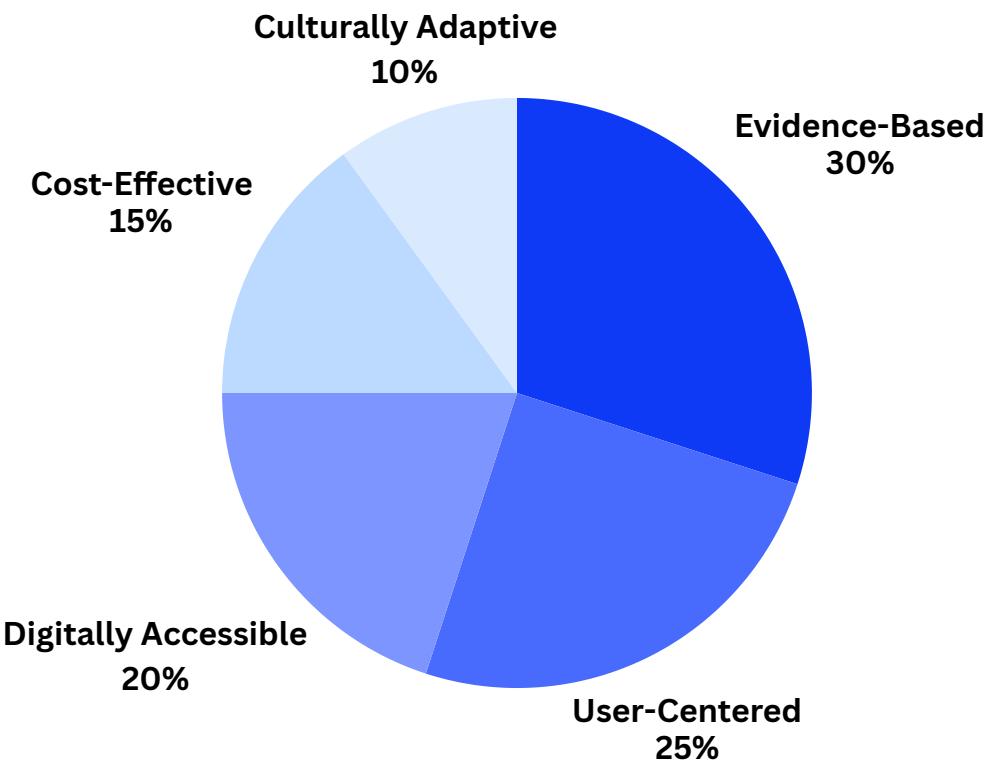
This study addresses a critical gap in mental health interventions by developing and testing a novel digital program for ambiguity tolerance. The research will provide:

- Evidence-based protocol for uncertainty management
- Accessible digital tool for widespread dissemination
- Foundation for future clinical applications
- Contribution to anxiety and decision-making research

The proposed research is significant given the increasing prevalence of uncertainty-related distress in modern society.

Research Background

Intervention Value Proportions



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Current literature indicates:

- Ambiguity intolerance is a trans diagnostic factor in anxiety disorders
- Limited evidence-based interventions target uncertainty tolerance directly
- Digital mental health tools show promise for accessible care
- Graduated exposure effectively reduces avoidance behaviors

This study builds on existing work while addressing significant gaps in digital ambiguity tolerance training.

The study employs a pre-registered randomized controlled trial design, recruiting participants through online platforms and university networks. Data collection utilizes web-based assessments and digital metrics, while the analytical approach applies mixed-effects models and intention-to-treat analysis, all within an ethical framework ensuring IRB approval and strict participant confidentiality protocols.

The Plan For Success

	Value	Percentage
Participant Compensation	\$1,500	30%
Research Assistant	\$2,500	50%
IRB & Ethics	\$0,000	0%
Platform & Tools	\$0,000	0%
Data Management	\$0,000	0%
Contingency Fund	\$1,000	20%
TOTAL	\$5,000	100%

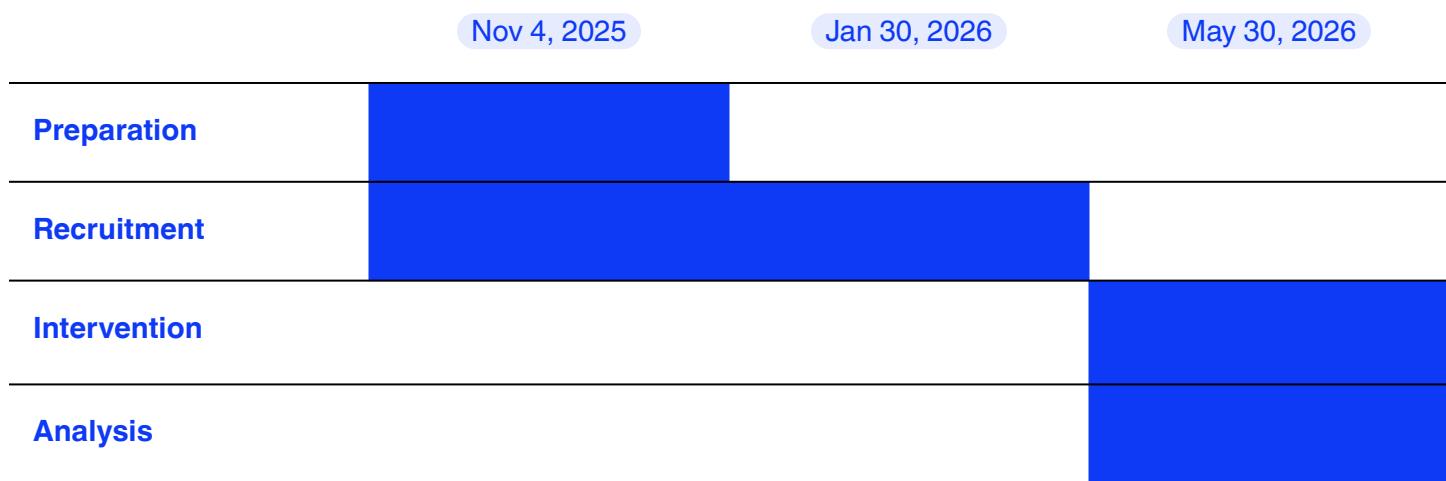
To successfully accomplish our research goals, we have established a clear implementation strategy.

The study will follow a structured timeline with specific milestones: protocol finalization in November 2025, IRB approval in December 2025, participant recruitment in January 2026, data collection through February-March 2026, and analysis completion by April 2026.

The total project budget of \$5,000 has been strategically allocated across key components, with primary investment in research personnel and participant compensation.

The research team consists of the principal investigator overseeing study design and analysis, with support from a research assistant for data collection and project coordination.

This coordinated approach ensures methodological rigor while maintaining fiscal responsibility throughout the research lifecycle.



The study follows a structured timeline with four key phases: initial preparation and IRB approval (November-December 2025), participant recruitment (January 2026), intervention delivery (February-March 2026), and data analysis with manuscript preparation (April 2026). This clear timeline ensures efficient project management and allows all stakeholders to anticipate key milestones and results.

Task	Assigned To	Status
Final Protocol	Principal Investigator	<input checked="" type="checkbox"/> Completed <input type="checkbox"/> In Progress <input type="checkbox"/> Pending
Ethics Approval	Research Coordinator	<input type="checkbox"/> Completed <input checked="" type="checkbox"/> In Progress <input type="checkbox"/> Pending
Recruitment Prep	Research Assistant	<input type="checkbox"/> Completed <input type="checkbox"/> In Progress <input checked="" type="checkbox"/> Pending
Data Platform	Data Manager	<input checked="" type="checkbox"/> Completed <input type="checkbox"/> In Progress <input type="checkbox"/> Pending
Start Recruitment	Research Team	<input type="checkbox"/> Completed <input type="checkbox"/> In Progress <input checked="" type="checkbox"/> Pending

This academic research proposal outlines a structured investigation into ambiguity tolerance training. The study's design balances scientific rigor with practical implementation, following open science principles. Successful execution will contribute valuable insights to clinical psychology and digital mental health interventions, potentially informing future therapeutic approaches for uncertainty-related distress.



Contact Information

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