

Dear University of Florida Students,

My name is Brian Zaboski, and I am a graduate student in the College of Education at the University of Florida. I am currently conducting a study for my dissertation on treatments for social anxiety disorder on a college campus and I am seeking volunteers.

If you are

- experiencing social anxiety (fear or avoidance of social situations, or anxiety about how other people may evaluate you) and
- Between the ages of 18 and 30

then this study may be right for you.

In this study you will be randomly assigned to either 1) an established therapy group for the treatment of social anxiety after all procedures have been described and you are agreeable to the experience or 2) an alternative treatment offering education about social anxiety disorder with the option to receive group exposure therapy after a waiting period of approximately 8 weeks.

Treatment is completely free. No matter which group you are in, we will meet **once per week for 2 hours**. There will be a total of **6 sessions**. Sessions will take place on the University of Florida campus.

Thank you for your time! If you are interested, please follow this link:

<https://redcap.ctsi.ufl.edu/redcap/surveys/?s=H4DAC7CL9Y>. **Remember, study participation is voluntary.** If you follow the link, you will have the opportunity to read the consent form and decide if you would like to participate or not. If you consent to participate, you will be asked to complete a demographics form and a brief social anxiety questionnaire. If you are selected for the study, Brian Zaboski, a doctoral candidate at UF, will follow up with you via email or phone about the next steps.

If you have any questions, please feel free to contact me at bzaboski@ufl.edu or my dissertation committee chair, Diana Joyce-Beaulieu, at djoyce@coe.ufl.edu.

Good luck with the rest of the semester,
Brian Zaboski, M.Ed.
Diana Joyce-Beaulieu, Ph.D.