

Self-management support for anxiety: analysis of secondary data from a randomized clinical trial

Record number : OPR-1262

Overview

RESEARCH DIRECTION

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INFORMATION

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ADMINISTRATIVE UNIT(S)

Faculté de médecine et des sciences de la
santé

LEVEL(S)

2e cycle
3e cycle
Stage postdoctoral

LOCATION(S)

Campus de la santé
Campus de Longueuil
Campus conjoint de Moncton
Campus conjoint de Saguenay

Project Description

Our research team conducted a large randomized clinical trial of a self-management support program for anxiety delivered in a group format on a web-based platform. The main results (n = 414) show that offering this intervention as an adjunct to usual care leads to a moderate reduction in anxiety symptoms, with maintenance of progress up to 12 months. But what about secondary outcomes such as quality of life, depressive symptoms, maintenance of progress at 24 months, predictors and moderators, personal recovery, or service utilization? Your research project could answer these questions!

Depending on your training and interests, various secondary quantitative data analysis projects could be carried out. A qualitative research project could also be considered to explore issues related to the acceptability of the intervention, its potential for implementation in a healthcare model, etc.

See the research protocol: <https://doi.org/10.1186/s12888-021-03675-4>

Profiles sought: Health sciences, social sciences, population health, or related fields

Two scholarships are available for this project. To apply, please email your resume, cover letter, transcript, and writing sample to: pasquale.roberge@usherbrooke.ca.

Discipline(s) by sector

Sciences de la santé

Médecine familiale, Médecine préventive

Funding offered

To be discussed

et communautaire, Sciences infirmières

Sciences naturelles et génie

Statistiques

Sciences sociales et humaines

Mesures et évaluation, Psychologie,
Service social et travail social

The last update was on 12 August 2025. The University reserves the right to modify its projects without notice.