

Are you a young person dealing with increased anxiety or stress during the pandemic?

Are you concerned about how the pandemic is impacting your education or job opportunities? Do you often find yourself worrying your health or the health of your friends and family? You are not alone.

To help young people manage their emotional feelings and stress level during the pandemic, we are testing a short, new intervention, which we call the “Unified Protocol” or “UP”. The UP provides skills to learn about emotions and how to respond differently to intense and strong feelings including fear and uncertainty about the future. These skills are very important as society re-opens and we try to navigate ever-changing rules and regulations.

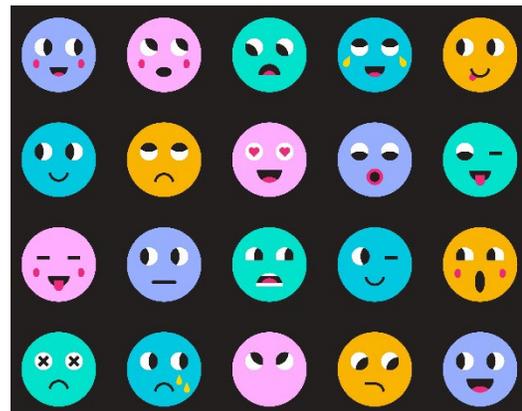


Is this program right for me?

The UP may be right for you if you are experiencing **strong and intense emotions**, such as anxiety, stress, sadness, worry, irritability, frustration, anger or guilt. It may also work for you if you are experiencing **low levels of positive emotions** such as joy and happiness. If your emotions are interfering with your ability to manage and to enjoy life during the COVID-19 crisis, this program may work for you.

Is there any evidence that this program works?

Yes, absolutely! The UP has been used successfully for over a decade to help people deal with stress, anxiety and sadness. What has changed is that we have shortened the program by focusing on issues that are most relevant to young people during the pandemic and government and health officials’ responses to COVID-19. However, the information and the skills you learn in the UP program may be applied to help you with other situations and stressful experiences in your life.



If you qualify for this research study, you will receive the UP free of charge.

If you are a University of Calgary student age 13-30, you probably qualify.

To learn more, contact up@ucalgary.ca

This research has been approved by the Conjoint Faculties Research Ethics Board at the University of Calgary (REB20-0528). The Principal Investigator is Dr. Gina Dimitropoulos.

