



HAVE YOU EXPERIENCED ECT (ELECTRO-CONVULSIVE THERAPY)?

IF YOU HAVE – WE WOULD LOVE TO TALK TO YOU!

The University of Sydney is trying to learn more about ECT.

A lot of people who have experienced ECT have not had the opportunity to discuss any strategies to manage any ongoing consequences of ECT on their daily lives post treatment.

We want to hear your views about...

- How do you manage any negative long-term effects of ECT in your daily life
- What supports help you manage these long-term effects? What could be different or better? What isn't available and might help?
- What you find helps you to manage any effects of ECT in your daily life?
- How have you developed or learnt about these strategies?
- How helpful/unhelpful are strategies that you have tried?

Are you willing to participate in a focus group?

- The focus group will be online on the zoom platform
- The focus group will take about an hour and 30 minutes
- We will give you a \$25 gift voucher in appreciation for sharing your time and expertise.

If you are interested in being involved:

Please contact Karen Wells on 0490768363 or email kwel8554@uni.sydney.edu.au or contact Nicola Hancock on 02 9351 9379 or email: nicola.hancock@sydney.edu.au to find out more.

We look forward to hearing from you!