

Prior Funding

In the Fall of 2002, I applied for funding from AGS for travel support and received the full amount of funding that I requested, allowing me to attend the Association for Advancement of Behavior Therapy (AABT) conference held in Reno, Nevada in November of 2002. This conference provided me with an opportunity to expand my knowledge of current research and to obtain valuable training in psychotherapy techniques that contributed to my work with clients at the Psychological Services Center at the University of Maine.

In the Fall of 2003, I applied for research-related funding to support pilot research for my dissertation and received 75% of the amount of funding that I requested. This allowed me to provide monetary compensation to participants, thus increasing the rate of return for follow-up assessment. The pilot study produced successful results, allowing me to design a similar research study for my doctoral dissertation.

In the Fall of 2004, I again applied for funding from AGS for travel support and received 75% of the amount requested, allowing me to attend the Association for Advancement of Behavior Therapy (AABT) conference held in New Orleans, Louisiana in November of 2004. Attending this conference provided me with further opportunity to learn about research in my field that assisted with the implementation of my dissertation.

In the Spring of 2005, I again applied for research-related funding and received 50% of the requested amount. This assisted me in completing the initial phase of follow-up assessment (i.e., six-month follow-up assessment) for my doctoral dissertation. Completing this phase allowed me to continue on to the final (current) phase of data collection, the twelve-month follow-up assessment. I have provided receipts to AGS and returned unused grant money from prior research-related funding.

Abstract

I am applying for funding to support completion of my doctoral dissertation, “Preventing Generalized Anxiety Disorder In An At-Risk Sample Of College Students: A Brief Cognitive-Behavioral Approach.” The dissertation study is designed to address the growing problem of untreated and underdiagnosed mental health disorders. Generalized Anxiety Disorder (GAD) is perhaps the most common anxiety disorder, affecting approximately 5% of the population over the course of a lifetime. Recently, research has surfaced that has examined preventative interventions for mental health problems such as depression, anxiety, and panic. As a result of some encouraging data in preventing these problems, in addition to the data collected from two pilot studies, I have created a brief, preventative intervention for generalized anxiety.

This dissertation project involves screening the Psychology subject pool and targeting those students deemed at risk for developing GAD based on responses provided by participants on a measure of worry (the main tenet of GAD). I have enrolled 83 participants in the study. Participants were randomly assigned to either an “intervention” or “control” condition. Those in the intervention condition attended two psychoeducational workshops where they were taught skills to manage anxiety symptoms. Participants in both groups completed several questionnaires at various assessment points during the Fall 2004 semester, for which they received research credit. Participants returned for a six-month follow-up assessment in the Spring 2005 semester, for which they received monetary compensation. I am again proposing to provide participants with monetary compensation during the Fall 2005 semester to complete the same questionnaires for the twelve-month follow-up assessment.

The current phase of the study for which I am applying for funding is the twelve-month follow-up assessment phase. When conducting prevention research, it is important to employ a

longitudinal design to ensure that the intervention adequately prevents onset of a disorder in participants. Ideally, prevention research should include follow-up assessments over numerous months or years. In order to encourage participants to return for additional long-term assessment phases of the study, compensation (e.g., monetary) for their time and assistance is warranted.

Completion of this project will benefit my professional development, the University of Maine, as well as my field. Funding will allow me to collect data that is crucial to completing dissertation, which is a requirement for obtaining a Ph.D. Participants are more likely to return for follow-up assessment if they are compensated for doing so. This project will benefit the UMaine community in that I will be generating innovative research that may help prevent the development of a pervasive mental health problem that affects both students and the general population. Finally, this project will benefit my field in that brief, preventative interventions are necessary for reducing the incidence of mental health disorders. Currently, there are no such prevention programs for GAD, and the successful development of a prevention program has positive implications for not only the field, but for society as well.

Itemized Budget

| Item # | Description of Item | Source (Company) | Quantity | Individual Cost | Total Cost (Quantity x Ind. Cost) | Amount Requested |
|--------|---|------------------|----------|-----------------|-----------------------------------|------------------|
| 1 | Monetary Compensation for Research Participants | | 83 | \$10.00 | \$830.00 | \$770.00 |
| | | | | | | |
| | | | | | | |
| Total | | | | | \$830.00 | \$770.00 |

Budget Explanation

As a full-time Psychology graduate student at the University of Maine, research is an important component of my academic program. It can be difficult to secure grants to fund research projects in the field of Psychology. Past research indicates that the social sciences, and Psychology in particular, receive the least amount of grant assisted funding for research support, when compared to the natural sciences. Therefore, I am applying for funding from the Association of Graduate Students to allow me to complete the final phase of data collection for my doctoral dissertation. Completion of this research will not only assist me in the near future by allowing me to complete my studies at the University of Maine, but will also further my career by informing future post-doctoral research.

My anticipated expenses are approximately \$830.00. The aforementioned cost quote includes monetary compensation for 83 research participants for a twelve-month follow-up assessment data collection. I made a concerted effort to reduce my expenses by choosing the least amount of appropriate compensation for the research participants. Similar prevention research has offered larger sums of money to compensate participants for completing follow-up questionnaires. For example, a prevention program for depression and anxiety (Seligman, Schulman, DeRubeis, & Hollon, 1999) that also employed a psychoeducational workshop design offered participants \$400 for completing assessment measures at various points in time over a three year period. Another similar study using psychoeducational workshops to prevent Panic Disorder (Gardenswartz & Craske, 2001) offered research credit or \$20 for completion of the workshop and an additional \$20 for completing follow-up assessments, for a total compensation amount of \$40. My participants were compensated previously with research credit for completing the workshop, were provided with \$10 for a six-month follow-up assessment, and I

intend to again offer them a conservative amount of money (\$10) for completing the twelve-month follow-up assessment measures. The time commitment for the participants for follow-up assessment is estimated at 15 minutes, therefore, I believe that \$10 is adequate.

Because I am committed to my research, if I am unable to secure funding for my dissertation through AGS, I will continue to explore other funding options. I have also applied for the APF-COGDOP grant, which is national grant supporting dissertation research in psychology. Conducting research is an essential component of completion of a degree for doctoral candidates at the University of Maine and funding dissertation research would be exceedingly difficult for graduate students without the help of organizations such as AGS. As such, any support provided is greatly appreciated.