

# Call For Participants



## Psychological Flexibility and Self-Compassion in Healthy Voice Hearers

20 min(s) to complete

Prize draw

Online Questionnaire

Online

Cardiff University

Hearing voices is common; not just in people with mental health conditions, but also in people in the general population. Whilst these experiences can be distressing for some, others may not find these upsetting, nor feel the need to access services for support. We are interested in learning more about the experience of these individuals (healthy voice hearers), and how psychological flexibility and self-compassion fits with their experiences of voice hearing.

Find out more online

Poster printed on 08/05/2024

Study expires on 11/04/2024

## More info

by scanning the QR code  
or visiting the URL

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