

Call For Participants



Self Care and Wellbeing

30 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

University of Central Lancashire

This research is being conducted for a dissertation project towards a Masters in Applied Clinical Psychology. Any person over 18 can complete the survey but please note that it is only available in English. The project aims to explore how self-care activities may act as protective factors for mental wellbeing. We want to see how self-care activities might mediate the relationship between stressful events and wellbeing.

Find out more online

Poster printed on 29/04/2024 Study expires on 25/06/2019

More info

by scanning the QR code
or visiting the URL

www.cfp.cc /KA6GN3

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