

Call For Participants



Does inflexible thinking
determine adherence to
mental health therapies?

20 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

University of Hertfordshire

There is little research that explores this topic despite those receiving mental health therapies often face difficulties during treatment and poor treatment outcomes. This research aims to understand how flexibility in thinking influences participation in mental health treatments and its effects on well-being. We will ask you to complete some questions exploring personality traits, well-being, and treatment adherence, as well as a puzzle measuring flexibility in thinking.

Find out more online

Poster printed on 30/04/2025 Study expires on 31/12/2024

More info

by scanning the QR code
or visiting the URL

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