

**DO YOU WANT TO HELP OTHER
TEENS?**

**ARE YOU A FEMALE MEXICAN-
AMERICAN BETWEEN THE AGES OF
14-17?**

We want to hear from you!

- We are conducting a research study to learn about anxiety and self-esteem from the perspectives of adolescents and mental health therapists.
- You will participate in completing a Generalized Anxiety Disorder Scale (GAD-7).
- Some participants will be invited to participate in a 1:1 interview.
 - The interview will occur via Zoom (with audio and video) and will last approximately 1 hour.
 - You will receive a resource guide for your participation in this project.



ANXIETY AND SELF- ESTEEM

**To learn more or sign
up to participate,
contact Katie
Mommaerts at**

928-523-2434

or

Katherine.Mommaerts@nau.edu