



RESEARCH STUDY

Relationships between mindfulness, self-compassion, parental stress, wellbeing and child behavior in neurodisability

I would like to invite parents/carers to take part in this study who have a child (4-17 years old) with a neurodevelopmental disorder (such as Tics, Tourette's, Stereotypies, Autistic Spectrum Disorder, Attention Deficit Hyperactivity Disorder and/or a learning disability)

Participation involves completing questionnaires online or via freepost. You would be entered into a raffle for one of three potential £25 vouchers as a small token of appreciation.

If you are interested in taking part please contact Melissa Clapp, Trainee Clinical Psychologist by email on Melissa.Clapp.2015@live.rhul.ac.uk

Interested in mindfulness?

**Have a child with Tics/
Tourette's/
Stereotypies/ASD/
ADHD/
learning disability?**

Keen to be part of research that could improve support for parents and children with disabilities?

Then this study is for you!