

Call For Participants!

Anxiety during Menopause? Your voice matters.

I am inviting women to take part in a qualitative doctoral study exploring experiences of talking therapy during the menopause transition.

Menopause can bring both emotional and physical changes, and many women seek support through therapy. This study focuses on the experiences of perimenopausal women who have accessed therapy for anxiety.

Taking part involves sharing your experiences in a confidential, one-hour interview.

If you have experienced anxiety and engaged in any form of talking therapy, your insights could help deepen understanding and improve support for others.

Your voice has the potential to shape future understanding and support for women navigating anxiety during menopause.



I am hoping to connect with women who...

- ✓ Are between 35 and 60 years old
- ✓ Identify as perimenopausal
- ✓ Identify as having anxiety or have been diagnosed with anxiety
- ✓ Have experience with talking therapy for anxiety symptoms
- ✓ Have not had a medical or surgical menopause

If this resonates with you, I would love to hear your story.

Email Michelle Berry at 06169@metanoia.ac.uk for more information

This study has been granted ethical approval from The Metanoia Institute