

# Focused Minds Program

The Focused Minds Program is a free, online program open to all Australians aged 17-25 years who wish to work on setting realistic, achievable standards or who struggle with basing their self-worth on their achievements. This trial is the first phase of a 3-year study and participants will be asked to provide feedback on the program and suggest improvements for the future. Content from the program is based on the self-help book *Overcoming Perfectionism* by Roz Shafran, Sarah Egan, and Tracey Wade. The program is intended to help those at risk of developing an eating disorder by looking at ways to aim for high standards without feeling the need to reach perfection, to improve self-worth by focusing on areas of life which are not linked with achievement, and by tackling self-criticism. The idea behind the program is that focusing a person's mindset on 'healthy achievement rather than perfectionism' can reduce some of the factors which may contribute to an eating disorder.

**Research Team:** Kasia Robinson & Professor Tracey Wade, Flinders University

**Ethics Approval Number:** 2475

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**Project Start Date:** April 27, 2021

**Project End Date:** July 30, 2021

Participants aged 17-25 of any gender in Australia who struggle with feeling 'not good enough', set themselves goals which are difficult and demanding, who want to improve self-worth, and who struggle with body image and eating are welcome to participate. Participants must be fluent in English and have reliable access to the internet.

**What is Involved:** Participation is confidential and online at <https://www.focusedmindsprogram.com/>. It involves taking part in an online program with 8 sessions. Sessions are all self-guided, can be completed at any time, and contain a range of information and worksheets related to your wellbeing and goal-setting behaviours. You will also be asked to consent to participate, complete a pre-program survey, and complete a short survey at the end of each session.

**Location:** Australia wide

**Contact Details:** Kasia Robinson - [focusedmindsprogram@gmail.com](mailto:focusedmindsprogram@gmail.com)

