



# cardiac emotions STUDY

*Many cardiac patients experience changes in their mood and difficulty in resuming their usual activities following their heart event.*

## *what is the cardiac emotions study?*

The *Cardiac Emotions Study* is interested in learning more about the emotional difficulties involved in people living with cardiac conditions. With this knowledge, we can assist patients and health professionals to identify areas of concern for patients, and therefore help more cardiac patients in the future adjust successfully after their heart illness or operation.

This phase of the *Cardiac Emotions Study* is looking at the specific fears experienced by patients with cardiac condition. With this knowledge, we will develop the *Fear of Cardiac Recurrence or Progression Scale*, a comprehensive measure of future-related fears in cardiac patients.

## *what am i required to do in the cardiac emotions study?*

You are eligible to participate in the *Cardiac Emotions Study* if you have had a heart event, such as heart attack, heart surgery or stent, or unstable angina, or have a chronic heart condition with potential for heart events, such as heart failure.

If you agree to participate in the *Cardiac Emotions Study*, you will be asked to complete a one-off online or hard-copy consent form and questionnaire, which asks some questions about yourself and a set of questions about your fears. Your responses will remain strictly confidential. The questionnaire should take approximately 20 minutes to complete.

## *how do I get involved in the cardiac emotions study?*

The *Cardiac Emotions Study* is being conducted by the **Australian Centre for Heart Health** and **The University of Melbourne** and has received ethics approval from the University of Melbourne Human Research Ethics Committee.

To complete the online questionnaire, you can scan the QR code provided on this form, or follow the link to our website [www.australianhearthealth.org.au/ces](http://www.australianhearthealth.org.au/ces)



**Want more information or to request a hard-copy questionnaire?**

Contact the Australian Centre for Heart Health on (03) 9326 8544 or Professor Alun Jackson at [alun.jackson@australianhearthealth.org.au](mailto:alun.jackson@australianhearthealth.org.au)