



Media Awards Application Cover Sheet

Category: SOUND / VISION JOURNALISM

Entry Title: THE ANXIETY PROJECT – BROADCAST

Name of Applicant: ZALIKA RIZMAL and PETER GOTTING

Organisation: ABC NEWS



THE ANXIETY PROJECT – BROADCAST

The Anxiety Project (Broadcast) included a series of television news reports aired between February and March 2022* and a radio current affairs piece aired on 22 February 2022.

Anxiety: Why are so many young people being diagnosed?

YOUTUBE LINK: https://youtu.be/B_R2n_tITTA

BROADCAST DATE: 20 Feb 2022, 7PM NEWS ACROSS AUSTRALIA

DURATION: 5.59

This special extended report focused on the cohort experiencing the highest increases in anxiety disorders – young people. We speak with a young regional Victorian woman and a young migrant man from Sydney about their experiences and explore the reasons why the rates are so high.

One in three psychologists have closed their books and children are being left behind

YOUTUBE LINK: <https://youtu.be/ep8fglWpbyY>

BROADCAST DATE: 24 Feb 2022, ABC 7.30

DURATION: 6.21

The story was broadcast on ABC's 7.30 program and included a survey of Australian psychologists conducted exclusively for the ABC by the Australian Psychological Society. It featured a regional QLD family struggling to get support and a regional Victorian grassroots initiative started by a local school principal and child psychologist to bring early career psychologists into schools in the Wimmera.

The 'vicious cycle' of alcohol and anxiety | The Anxiety Project

YOUTUBE LINK: <https://youtu.be/9GAd-ji3djl>

BROADCAST DATE: 27 Feb 2022

DURATION: 1.57

This story focused on the link between alcohol and anxiety, but focused heavily on solutions. It featured a Melbourne woman who attends an alcohol-free social group and a free online program for young people.

Australians are taking antidepressants in record numbers, but they can be hard to stop

YOUTUBE LINK: <https://youtu.be/Pn7r9ylqboc>

BROADCAST DATE: 22 Feb 2022, 7PM NEWS ACROSS AUSTRALIA

DURATION: 2.35

This story explored the challenges some people can experience coming off antidepressants. It featured a case study from regional NSW and an expert researcher with lived experience.

Radio Current Affairs Antidepressant Story:

There was also a radio current affairs story aired on AM Radio National morning program on 22 February.

LINK: <https://www.abc.net.au/radio/programs/am/am/13756118> (at 13:04)

Social media and increasing anxiety among young people

YOUTUBE LINK: <https://youtu.be/SUfoGvJgUt0>

BROADCAST DATE: 6 March 2022, 7PM NEWS ACROSS AUSTRALIA

DURATION: 2.37

This story explored the relationship between social media and anxiety, with an emphasis on highlighting the experiences and perspectives of two young people: a 13-year-old teenage girl from Sydney and a 19 year-old man from the outer suburbs of Melbourne. The story again focused on solutions, instead of just focusing on the potential problems.

Dogs and other pets get anxiety — and it's usually not the owner's fault

YOUTUBE LINK: <https://youtu.be/FyGydvzxl8Y>

BROADCAST DATE: 13 March 2022, 7PM NEWS ACROSS AUSTRALIA

DURATION: 2.17

This was a more light-hearted story exploring how our pets can get anxiety, and often are on the same medications as humans.

Audience responses

Here are some examples of emails I received in response to these TV stories.

"I saw ABC's report on anxiety on TV tonight. I do think this is an important topic and one which has been neglected for a long time."

"I'd like to congratulate you on the establishment of The Anxiety Project, which I have just watched on tonight's ABC News."

"I am writing to praise the ABC for your Anxiety Project. It is so important to raise awareness and reduce stigma"