

WHO WE ARE

The team in the Space Medicine Innovations laboratory has a longstanding interest in developing self-directed, interactive-media-based tools to help people improve their skills at managing stress, resolving conflict, and improving mood. This training, which was initially developed for spaceflight, provides lifelong skills to be resilient and function well.

Lab Members:

Jay C. Buckey, M.D.
Abigail M. Fellows, M.A.
Devin R. Cowan, B.S.

QUESTIONS OR FEEDBACK?

To provide feedback directly to the developers, please click the 'Provide Feedback' button within the Path program.

For questions, please contact your provider or the Space Medicine Innovations Lab:

(603) 646-5331

space.medicine.lab@dartmouth.edu



Dartmouth
GEISEL SCHOOL OF
MEDICINE

*This program is offered
through a research study at the
Geisel School of Medicine at
Dartmouth*

*PATH has been shown to improve mood
in clinical trials. This study investigates
the effectiveness, acceptability, and
usability of the program in primary care*



*Join a research study investigating a
non-pharmacological approach to*

MOOD IMPROVEMENT

- Helps you take action*
- No pills/ meds*
- Effective Tools*

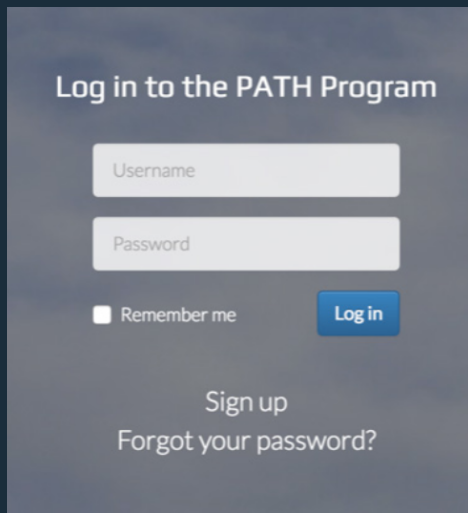
<https://path.dartmouth.edu>

~A Geisel Research Study~

TO ACCESS

If you are 18 or older, ask your provider for a login token and username. Go to <https://path.dartmouth.edu>, click "Sign up" and create a password.

Note: Path works best on a computer/laptop.



*Developed for NASA for use
with astronauts*



**PATH IS A COMPUTER-BASED
PROGRAM USING A SELF-
DIRECTED METHOD CALLED
PROBLEM-SOLVING THERAPY.**

*Learn a structured
approach to problems
which is useful even if you
are not depressed*

**THE MENTOR IN THE PROGRAM
GUIDES YOU THROUGH CHOOSING
AND WORKING ON PROBLEMS
YOU HAVE CONTROL OVER. THIS
CAN IMPROVE YOUR MOOD OVER
TIME.**

TAKE ACTION

SELF-ASSESS

*Assess your mood and
identify productive actions
you can take.*

TRAIN

*Learn key skills for elevating
mood and improving
performance.*

SOLVE

*Use problem solving tools
designed to improve mood in
this self-directed program
guided by an expert mentor.*

Note: Path works best on a computer/laptop.