



Are you stressed out?

Experiencing conflict at home or work?

Feeling down or depressed?

Enroll in a research study using web-based programs to learn skills to improve mood and better manage stress and conflict.

This study is available to any adult 18 and older.

What does participation involve for this study?

Six 30-60 minute sessions focusing on stress, depression, or conflict completed at your convenience over the internet.

Important note: there is no counselor reviewing your responses, rather this program is intended to allow individual to help themselves with tools described in the program.

Individuals will be asked to evaluate the effectiveness of the program throughout the sessions. Please carefully review the information provided in the consent form.

To participate go to <https://path.dartmouth.edu>

Login token: Select "I don't have a token"

For more information contact Space.Medicine.Lab@Dartmouth.edu or (603) 646-5331

<https://path.dartmouth.edu>

Space.Medicine.Lab@Dartmouth.edu

(603) 646-5331

<https://path.dartmouth.edu>

Space.Medicine.Lab@Dartmouth.edu

(603) 646-5331

<https://path.dartmouth.edu>

Space.Medicine.Lab@Dartmouth.edu

(603) 646-5331

<https://path.dartmouth.edu>

Space.Medicine.Lab@Dartmouth.edu

(603) 646-5331

<https://path.dartmouth.edu>

Space.Medicine.Lab@Dartmouth.edu

(603) 646-5331

<https://path.dartmouth.edu>

Space.Medicine.Lab@Dartmouth.edu

(603) 646-5331

<https://path.dartmouth.edu>

Space.Medicine.Lab@Dartmouth.edu

(603) 646-5331