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# PATH CHECKLIST

PATH is a computer-based program for improving your mood and is offered through a research study at the Geisel School of Medicine at Dartmouth

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This program uses a self-directed approach to improving mood called problem-solving treatment. By choosing and working on problems you have some control over you can improve your mood and learn a structured approach to problems that's useful whatever your mood may be. The mentor in the program guides you through a step-by-step approach to stating your problems, setting goals, working toward solutions, and scheduling enjoyable activities. At return visits the program tracks your symptoms, and the mentor helps you troubleshoot any difficulties you run into.

These sessions take time to complete. Plan on about an hour for the first session and 30-40 minutes for later sessions. Make an appointment with yourself and choose a quiet place to work through the program. Although it is easier to work through this on a laptop, you can also use a tablet or phone.

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## LOGIN INFORMATION

- Go to <https://path.dartmouth.edu>
- Click on **SIGN UP** to create a new account
- Username requirements: At least 8 characters, email not allowed
- Password requirements: At least 8 characters; 1 each: uppercase, lowercase, digit, and special character
- Login token \_\_\_\_\_
- Login problems? Contact [space.medicine.lab@dartmouth.edu](mailto:space.medicine.lab@dartmouth.edu)

Although this email is not monitored continually, you will get a response.

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## MOOD MODULE

Session	When?	Where?	Provider check in
<input type="checkbox"/> Session 1	_____	_____	_____
<input type="checkbox"/> Session 2	_____	_____	_____
<input type="checkbox"/> Session 3	_____	_____	_____
<input type="checkbox"/> Session 4	_____	_____	_____
<input type="checkbox"/> Session 5	_____	_____	_____
<input type="checkbox"/> Session 6	_____	_____	_____

Please note: Session 1 will take 40-60 minutes, session 2-6 will take 30-40 minutes.

Action plan can be printed out to discuss with your provider.