

Study Recruitment

The STRESS study Team at the University of Florida is seeking students who can participate in a treatment study that involves learning and building stress management skills. All students who participate will receive one of two forms of treatment for stress management free of charge. This study has been approved by the University of Florida Institutional Review Board (UFIRB #2015-U-162).

What does this study involve?

This study involves watching **daily stress management videos** and responding to **several surveys**. In its entirety, this study will take about 5 hours to complete over approximately 10 weeks. Both phases of this study will be conducted online.

Phase 1		Phase 2				
Week 1-2	Week 3	Week 1	Week 2 (Mon-Thurs)	Week 2 (Fri)	Week 3-6	Week 7
Prescreening		Online Survey #1	Stress Management Video			Online Survey #3
				Online Survey #2		

Eligibility

If you are an undergraduate student at UF, 18 years of age and older, who has a problem with stress management and want to work on the problem, you are eligible to participate in Phase 1. You should also have access to computer that has secure internet connection. **Please note that only selected number of participants will be reached to continue beyond Phase 1.**

Compensation

You will receive **a gift card of \$20 at Amazon.com** at the end of Phase 2 of the current study. Please note that if you are found not eligible to continue after Phase 1 (Pre-screening), you will not receive any compensation.

How to participate?

If you choose to participate in the study, please visit the link below, which takes about 10-15 minutes to complete. We ask you to respond to the below link at **your earliest convenience**, but no later than **January 22**. By responding to the below survey link, you will be engaging in Phase 1: Pre-screening.

https://ufl.qualtrics.com/SE/?SID=SV_78m0M5LegMOnxKR

At the end of the below survey, your most preferred and frequently used email address will be inquired in an automatically linked 2nd survey.

Per your completion, our research team will follow-up with you by **January 24** to inform you about participating in Phase 2. Again, please note that not all interested participants can participate in the successive phases.

We thank you for your time and interest. Should you have any questions, please contact Hanna Suh (stressonlinestudy@psych.ufl.edu).