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Stressed? Interested in learning coping skills?

Volunteers Needed for Research Study!

If you are a student at UConn, please consider participating in our study! All research activities will occur virtually.

Earn \$60-\$140 for your participation.

The goal of this study is to test the effect of yoga and training in distress tolerance (a mindfulness-based psychological approach) on college students' ability to manage their stress. Groups will meet through a video conferencing software.

What will you need to do?

1. You will be randomly assigned to a group, which may include approximately 8 weeks of virtual group sessions of yoga or distress tolerance training. All participants will have an opportunity to participate in one of these interventions.
2. You will be asked to complete a 20-30 minute online survey:
 - At three different times over a period of 8 months.
 - The survey will ask you questions about your demographics and background (including trauma history), your drinking, and how you deal with your emotions.
 - You will receive \$20 for each survey (for a total of \$60).
 - All information you provide in each survey will remain confidential.
3. Some participants will be asked to participate in three additional assessments and/or a focus group and will earn \$20 for each (for a total of \$80).

To learn more about this research or to participate, please contact Jessica Becker at jessica.becker@uconn.edu

You can also contact the principal investigators at beth.russell@uconn.edu, michael.fendrich@uconn.edu, and crystal.park@uconn.edu