



Utah State University

## Contextual Behavioral Science Lab

# DO YOU WANT TO IMPROVE YOUR MENTAL HEALTH AND WELL-BEING?

We are recruiting research participants for studies evaluating new websites, mobile apps, and other self-help tools that you can do from anywhere at your own pace to learn helpful skills. Participating in our research provides access to programs that may improve issues including:

**DEPRESSION · ANXIETY · STRESS · ACADEMIC CONCERNS**  
**BODY IMAGE · ADDICTIONS · HEALTH BEHAVIORS**  
**SELF-CRITICISM · PROCRASTINATION · MEETING GOALS**

If you are 18+ and want to participate in a study to test one of our programs, visit:

**<http://usucbs.com/participate.html>**

Or contact us:

**[Jack.Haeger@usu.edu](mailto:Jack.Haeger@usu.edu) / 970-343-4450**