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 / 970-343-4450

The USU CBS lab is directed by Dr. Michael Levin, a licensed clinical psychologist (Mike.Levin@usu.edu).