

# Call For Participants



Using physical activity to  
manage stress



3 week(s) to complete

£40 + 1 year access to Welltory's  
premium account worth £60

Field study

London, UK

University College London

This study investigates how people can use mobile wellbeing apps to understand how physical exercise affects their stress and how they can use this information to identify activities that are the most effective in helping them manage it.

The duration of this study is 3 weeks during which you will be asked to use two wellbeing self-tracking apps and share your self-tracking data with the researcher. After the 3 week period you will need to attend a workshop in London (travel costs...

Find out more online

Poster printed on 05/05/2024

Study expires on 12/08/2018

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/1GM0T3](http://www.cfp.cc/1GM0T3)

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