

Call For Participants



Wellbeing Online - the impact
of an innovative wellbeing
program

8 hour(s) to complete

Prize draw - 1 participant to win
hours one to one online
coaching. 6 participants to win...

Experiment

Online

University of East London

We are running a trial on an intervention that is based on a new psychological model. Each week we will ask you to log on and complete a module, which you can do at home, at your own pace and in your own time. Modules cover basic needs, personality, values, goals, strengths, thought processes, engagement, relationships and self-transcendence. We seek to assess the impact on mild to moderate depression, anxiety, stress, subjective wellbeing and psychological wellbeing, within participants.

Find out more online

Poster printed on 19/05/2024 Study expires on 04/09/2018

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/87IM73

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