

# Call For Participants



How do people cope with exam stress?

25 min(s) to complete

Prize draw- 2 prizes of £50 and 21 prizes of £20

Online Questionnaire

Online

University of Exeter

Previous studies have found that a sudden drop in mood can often occur during stressful life events. However, little is known about what processes people use preceding, during and following stressful life events which can cause the drop in mood. Therefore, this study aims to identify the processes people use around these stressful times. The processes we will be examining throughout this time period include emotion-regulation strategies, hope, avoidance, anxiety, mood, and how people cope.

Find out more online

Poster printed on 07/05/2024

Study expires on 07/01/2018

## More info

by scanning the QR code  
or visiting the URL

# www.cfp.cc/8EOG03

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