

Call For Participants



Improve Teen Mental Health in the Age of Social Media

8 week(s) to complete

gift card, biofeedback device

intervention

Online

Alliant International University

We are researching how a combination of Heart Rate Variability Biofeedback (HRVB) and Acceptance and Commitment Therapy (ACT) delivered remotely can improve emotional regulation and overall well-being in adolescent girls who are active social media users

Find out more online

Poster printed on 24/10/2025

Study expires on 28/02/2026

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/JLAJV3

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