Interested in improving your ability to cope with stress and emotions?

Identify as Chinese/Chinese American?
Not currently in therapy?
Have a smartphone?
An 18+ RU student?

Questions?
Contact Qing Yin & research team at dsvca.research@gmail.com; psychology department, 152 Frelinghuysen Rd, RU

You may be eligible to join our research!

This is an online intervention study that evaluates a quick way to improve emotional health!

During participation, you will:

- Complete a 20-min survey
- Complete 1 survey/day for up to 4 weeks on your phone
- Watch animated videos that teach skills

You may choose to earn RPUs or receive gift-cards!

Scan QR code to assess your eligibility!