COMPUTER PROGRAM FOR STRESS MANAGEMENT IN KIDS AND TEENS

UCLA is working with Da Vinci Innovation Academy to test a computer program that may help kids to think in more positive ways and better manage stress.

Who is eligible to participate?
- Kids and teens ages 10 to 17
- Youth and parent speak sufficient English to complete study procedures
- Youth able to read at grade level
- Youth has access to PC at home
- Youth has normal or corrected to normal vision

What is the computer program?
- This computer program has been tested in stressed kids, and now we are testing it in community kids and teens. It is a 12 session (four week) program. Each session takes about 10 minutes to complete. One session per week will occur at school. Youth will be provided with a version of the program to practice at home two times each week. The goal is to enhance positive thinking and decrease/prevent stress.

For more information, please call:
(310) 794-2215

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