

# Princeton Study Timeline

## Questionnaire 1 (approx. 30 mins)

You will need to complete questionnaires regarding mental health. You need to complete them within 7 days. Once you have completed this part you can start the next part immediately.



## Task Batch 2 (approx. 45 mins)

You will complete three computer tasks. You need to complete them within 7 days. Once you have completed this part you can start the E-couch immediately.



## Questionnaires 2 + E-couch Week 2

Once you finished a short questionnaire (10 mins), you will receive instruction for e-couch week 2. You will have 7 days to complete both the questionnaire and e-couch.



## Task batch 3+ E-couch Week 4

Once you finished a short questionnaire and a set of tasks (70 mins), you will receive instruction for e-couch week 4. You will have 7 days to complete all of them



## Questionnaire 3 (approx. 30 mins)

You will need to finish questionnaires regarding mental health, similar to questionnaire 1. You will have 7 days to complete this part. This is the end of the main part of the study!



## Task Batch 1 (approx. 65 mins)

You will complete four computer tasks. You need to complete them within 7 days. The next part of the study will be available the day after you finished this part.



## E-couch Week 1

You will start the online self-help tool. **Each week you will receive an email with instructions to complete one module.** Within the next 7 days you should apply learned techniques in your daily life and after 7 days you will receive instructions for the next module.



## E-couch Week 3

You will complete one module as instructed in the email for week 3. You will have 7 days to apply learned techniques in your daily life.



## E-couch Week 5

You will complete one module as instructed in the email for week 5. You will have 7 days to apply learned techniques in your daily life.



## Follow up questionnaires

6, 18 and 42 weeks after study completion, you will receive follow up questionnaires (10mins), similar to questionnaire 2. You should complete them within 7 days

Please email [nivleap@princeton.edu](mailto:nivleap@princeton.edu) with any questions!