



### **MyStudentBody-Stress**

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Students exposed to MyStudentBody-Stress were significantly more likely to increase their weekly level of light to moderate physical activity, use specific methods to control their stress, and exhibit decreased anxiety. For students who scored at a high-stress level at baseline, the MyStudentBody group increased their average score for using coping style of positive reinterpretation and growth, increased their stress-management skills score, and decreased their substance abuse score more than students in either control group.