



STUDY PARTICIPATION OPPORTUNITY

Center for Health Assessment Research and Translation
University of Delaware

Are you an adult living with a traumatic spinal cord injury (SCI)?

Would you like to try our <u>web-based</u>, <u>interactive</u> system for individuals with SCI that is designed to improve <u>well-being</u>?

Participation Requirements

- Independently access and use the system via the internet <u>once a week for 6</u> weeks
- Review system content and complete brief, weekly assessments

You are eligible for this study if you...

- Are currently 18 years of age or older
- Have sustained a spinal cord injury caused by trauma (for example, motor vehicle accident, fall, diving)
- Were at least 16 years of age at the time of your spinal cord injury
- Have been discharged from initial inpatient rehabilitation for at least 3 months
- Have access to the internet, an internet-enabled device (e.g., smartphone, tablet, or computer), and an email address you can easily access
- Are displaying current symptoms of at least mild depression or anxiety

Interested?

Please contact the study team at iManage-SCI@udel.edu.