

BRIEF INTERVENTIONS STUDY

Timeline

PRE-INTERVENTION

2-4 WEEKS

Complete a online pre-screening questionnaire, telehealth screening visit, in-person study visit, text-based surveys, & connect with your skills coach via phone

1

INTERVENTION

6-7 WEEKS

Complete 6 modules online (one per week) and meet with your skills training coach weekly for a brief phone call

2

POST-INTERVENTION

3 1/2 MONTHS

Complete another round of text-based surveys, an in-person study visit, and online 3-month follow-up questionnaires

3