

Help Us Understand Stress & Brain Health Among College Students

This research study examines how chronic stress is associated with self-reported brain health behaviors among college students. Your participation can help improve understanding of student well-being and support future brain health education and resources.

WHO IS ELIGIBLE?

- 18 years of age or older.
- Currently enrolled in a college, university, master's, doctoral, or professional degree program.
- Can read and understand English proficiently.



WHAT WILL YOU DO?

- Participants will complete a 10-to-15-minute online survey regarding their academic stress, workload, and technology use.
- Participants will receive educational feedback based on their responses.

This feedback is for educational purposes only and is not a medical diagnosis, psychological evaluation, or treatment recommendation.



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