

New Moms, We Want to Help You!

Join our research study testing a **brief, phone-based intervention** designed to help reduce stress and boost positive emotions during the postpartum period.


PARTICIPANTS
WILL BE
COMPENSATED!


YOU MAY QUALIFY IF YOU:



Gave birth
within the past
3 months



Have access
to a
smartphone



Speak
fluent
English

18+

Are age
18 or
older

WHY PARTICIPATE?

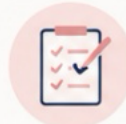


You may benefit from tools
to manage stress and
increase positive emotions
during a time of adjustment
to motherhood.

PARTICIPATION INCLUDES:



**Daily 3–5 minute
activity** on your
phone for 14 days



**Two online
questionnaires**
(20–30 minutes each)



Weekly upload of
2 short videos of
you and your baby
for 2 weeks



INTERESTED?

Comment below or message us
to learn more about this study!

Thank you 
for supporting research
for new moms!