Middle School Students We are developing.

Trifoia, a developer of e-learning programs, is conducting focus groups with middle school students about a new course that will teach students how stress affects our health.^{*} Before we take this new program into schools, we want to hear your thoughts about how to make the program useful and enjoyable. We don't want to start teaching this in schools until we hear from you. We hope this program will help students and teachers feel less stressed and help students perform better in school. Your opinion is important in making sure this program works for students like you.

Who is allowed to participate in our study?

You must be:

- A middle school student (grades 6-8) in a public or private school
- Willing to attend a 1.5-hour group discussion via video conference
- Use a personal computer or tablet to attend the virtual focus group

If you participate, you will receive \$30.

If you think you might want to participate, you must fill out this survey first: **bit.ly/AttuneEdStudents**

For more information or questions, please can contact us at research@trifoia.com.



*This research is funded by the National Institutes of Health, grant 1 R44 HD098921-01 awarded to Iris Media, Inc. dba Trifoia.