

Validity: November 2015 - At present.

PSYCHOLOGICAL ASSISTANCE SERVICE (SAP) PROJECTS

The SAP, from the Universitat Jaume I, would like to inform to the university community, and any other people who may be interested, the launch of four research projects. People who meet the projects requirements may qualify for Available Treatments Free Of Charge:

PROJECT 1: “NO-FEAR Airlines”. FEAR OF FLYING



The aim of the present study is to help those people who cannot fly due to their intense fear or people who do fly, but experience extreme high distress. Free treatment is offered through NO- FEAR Airlines (www.fobiavolar.es), a computerized-aided program for Flying Phobia (FP) that can be self-administered via the Internet. The program allows people with FP to be exposed to images and sounds related to their phobic fears on a standard personal computer. This treatment takes about 3 to 4 weeks, but it depends on the frequency you access it, with a maximum period of six weeks. An initial assessment via telephone (30-40 minutes) is required to consider if the program would be useful in your case.



Contact:

Daniel Campos Bacas

camposd@uji.es

volar@uji.es

964 38 76 44

PROJECT 2: INTERNET-BASED TREATMENT FOR EMOTIONAL DISORDERS

This project offers the possibility to carry out free online psychological treatment for people suffering from emotional disorders: Depression, Dysthymia, Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Agoraphobia, Obsessive Compulsive Disorder.

A key aspect of this treatment program is the **Emotional Regulation**, which refers to the strategies that people use to influence the occurrence, experience, intensity, and emotional expressions. This treatment consists of several intervention modules, focused to work those areas that research has shown to be important for the treatment of these problems.

This online treatment can be done **from your home and at your own pace**, through the Psychology and Technology platform (www.psicologiaytecnologia.com) and under the supervision of a team of clinicians. People who meet the inclusion criteria can receive this psychological treatment designed to help them to improve their emotional state.

**Contact:**

Amanda Díaz García

amdiaz@uji.esestudiotransversal@uji.es

964 38 76 46

PROJECT 3: “ACTIVATE YOUR MOOD”

This project addresses people who feel **sad, decayed** and/or **discouraged**, who are beginning to reduce their activity, and enjoy every time less those activities they used to enjoy before. People who are beginning to think in a catastrophic way, evocating emotions such as **sadness, irritability, anger, anxiety, and guilt**.



We can offer these people the chance to receive a **short free of charge, psychological treatment, that can be administered from their home, and at their own pace**, through the web platform *Psychology and Technology*, with the supervision of a clinicians' team.

The treatment consists of: **modules with different therapeutic strategies**, where the users will be guided step by step in order to improve their mood, with **weekly exercises** for them to implement what has been learned, and **weekly records** so that the users can observe their progress during the treatment.

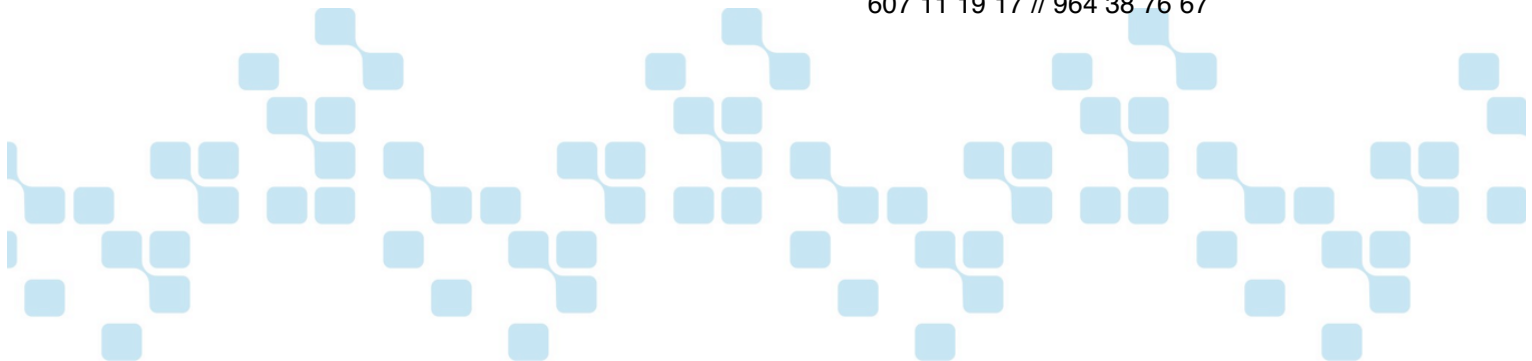
Contact:

Carla Soler Rovira

Lola Vara Villodre

activatuanimo@gmail.com

607 11 19 17 // 964 38 76 67



PROJECT 4: “PREGNANCY AND WELLBEING”

Pregnancy and Wellbeing is an online positive psychology training addressed to pregnant women. The objective of this training is to promote and enhance the wellbeing of the future mothers during this significant period of their life. This comprehensive, creative, and supportive program based on the science of human flourishing, has a length of 5 weeks and it is composed by 4 modules. Each module is dedicated to specific daily positive psychology activities. These activities consist of simple, intentional, and regular exercises that are quite potent sources of positive emotion, which are a precious antidote against depression, anxiety, and negative emotions. The main aim of this training is to promote the wellbeing of those mothers-to-be, and consequently the babies' too.



Contacto:

Joining the Pregnancy and Wellbeing training is easy: you can visit the website <http://pospre.wix.com/ebinsc>, download and fill-out the consent form and send it to posprespain@gmail.com

PROJECT 5: “RECENSERE”. FIND THE MOTIVATION YOU NEED TO DO PHYSICAL ACTIVITY.

This project is addressed to overweight women, who are interested in the practice of physical activity but have difficulties to start.



In this case, we offer to these people the opportunity to receive a short, free of charge, psychological treatment, that combines motivational strategies and the use of avatars through a Virtual Reality program.

The intervention lasts for one week. Participation comprises two face-to-face sessions with a duration of about 20 minutes. The rest of the intervention can be done from home at one's own pace.

At the end of the intervention and to thank your participation and involvement, you will be rewarded with a pedometer.

Contacto:

Jessica Navarro Garrido
estudioavataresaf@gmail.com

Jessica.Navarro@uv.ess

963 86 44 12

PROJECT 6: TAO - Adjustment Disorders Online.



TAO is a program developed in order to help its users to overcome different difficult situations, such as breakups, job loss, diagnosis of a disease, or family conflicts. The self-applied intervention format allows receiving psychological assistance from the comfort of your own home, with no need to move, and with telephone support provided by a professional psychologist.

The program is structured in 7 modules, therefore the estimated duration of the intervention is from 7 to 10 weeks. Each module includes different techniques aimed at reducing the suffering, overcoming the current problem, and acquiring the necessary tools to deal with difficult situations that may appear in the future.

Do you want to take control of your life? All you need is an Internet connection and being eager to improve. We take care of the rest.

Contac:

Irina Rachyla

tao@uji.es

(+34) 964 38 76 43

If you feel identified with what you have just read, and are interested in receiving more information about these treatments, **you can contact us by email or phone (see below)**. In case you know someone who might have any of the problems described, please, feel free to share this information with him/her.

CASTELLÓN
Servicio de Asistencia Psicológica (SAP)
Universitat Jaume I

Carla Soler
Tel: 964 38 76 47
E-mail: sap@uji.es

