



Stress Management Course

Key Goals

Strengthen self-regulation/mood management skills; decrease depressive symptoms

Overview

MOMS Stress Management Course is a brief, CBT-based group intervention targeting mood management. The program was created by the MOMS Partnership™. The course encourages active participation and skill acquisition through interactive exercises, discussion, and practice.

Participants learn:

- Skills to recognize their mood (using the Quick Mood Scale)
- Skills to change their mood through intentionally changing thoughts and behaviors (e.g., Fixing Unhelpful Thoughts, Relaxation Breathing)
- EF skills including response inhibition, metacognition, and flexibility (e.g., 5 Steps to Effective Problem Solving)

Target Audience

Women with mild to moderate levels of depressive symptoms

Format

The *Stress Management Course* is delivered in 8 classes (90 minutes in length) once/week to groups of 8-10 participants.

Technical Equipment & Space Requirements

- Video recording device (with means for secure storage of video files)
- Group space with a table

Incentives

Assessment visits (\$25-50) and attendance at weekly sessions (\$15-20) are incentivized.

Key Outcomes

Depressive symptoms, self-regulation skills, executive function skills

Fidelity

- Treatment adherence: extensiveness with which key goals and core concepts are addressed
- Quality of delivery: core competencies/skills exhibited by instructors
- Exposure and participant adherence: attendance, homework compliance