



Mother's Stress and Coping Study

Are you the mother of a teenager?

Dear Mom,

Do you ever think about the stress you experience in your life? How you manage stress? Or do you wonder how stress is impacting your ability to parent your children? If so, we would like to hear from you!

We would like to learn more about your experience of stress, ways in which you cope with stress and who you turn to for support. We are interested in developing family-focused programs and services to help you reduce stress in your life and promote overall health and well-being.

If you are interested in this study, we invite you to:

- Meet one-on-one with a member of our team for an interview to share your personal experience about stress in your life
- Complete a brief survey
- Contact Dr. Christine Steeger or Barb Nangle by phone at 203-789-7645 or GEARUPMomStudy@yale.edu



Moms who complete both the interview and survey will receive a \$75 Target gift card.

Mom Study at Yale
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