

## **Online Group Psychological Health Promotion Program for Women with Spinal Cord Injury**

The Spinal Cord Injury and Disability Research Center (SCIDR) at TIRR Memorial Hermann is recruiting for a study to test a psychological health promotion program for women with spinal cord injury (SCI).

The 10-week group program, *Zest: A Psychological Health Promotion Program for Women with SCI*, or simply *Zest*, is delivered in the online virtual world of Second Life. Eligible participants will be randomized (like flipping a coin) to either the *Zest* program or a control group. All participants will complete online assessments at three time points. Participants will receive a small payment for their time.

### **You may be eligible if you:**

- Are a woman at least 18 years of age;
- Have had a traumatic spinal cord injury (SCI) and are at least one year post injury;
- Have access to a computer with high speed internet connection;
- Are able to use a computer and communicate in online group conversations in English

For more information, contact us **by email:** [Zest@memorialhermann.org](mailto:Zest@memorialhermann.org) or **by phone:** [713.797.7572](tel:713.797.7572).