

**Home Pages
of Evidence-Based Online Programs
that Improved Health**

Check Your Drinking

Archived at: <http://www.webcitation.org/6mYgJmCfj>

The screenshot shows a web browser window with the address bar displaying www.checkyourdrinking.net/CYD/CYDScreenerP1_0.aspx. The page features a blue header with the "CHECK YOUR DRINKING" logo and a "sharethis" button. Navigation links for "SAMPLE RESULTS" and "ABOUT THE PROGRAM" are visible. The main content area is titled "The Check Your Drinking (CYD) Survey" and includes a description of the 18-question anonymous survey. A form titled "How do you compare?" is displayed, with sections for "I'd like to take this test..." (with radio button options for "For yourself", "For someone you know", and "You are just checking out the CYD test to see what the results look like") and "How much would you say that each drink costs you?" (with a currency dropdown and an input field showing "example: 3.75"). A "How do I compare?" button is at the bottom of the form. To the right, the "Buriiji Changes the Compliance Equation" logo is shown, along with the tagline "Improve health outcomes by bridging traditional healthcare and Web 3.0". The footer contains a navigation menu with "MAIN" (Home Page, About the Program), "OTHER" (Privacy Policy, Legal Information, Contact Information, Final Report Sample), and "COMMUNITY" (Follow us on Facebook, Follow us on Twitter) sections. The footer also includes the "Check Your Drinking (CYD)" title, a disclaimer, and logos for Evolution Health and Buriiji.

Check Your Drinking 3.0

www.checkyourdrinking.net/CYD/CYDScreenerP1_0.aspx

CHECK YOUR DRINKING 3.0

sharethis LANGUAGE OPTIONS English (CA)

SAMPLE RESULTS ABOUT THE PROGRAM

The Check Your Drinking (CYD) Survey

The 18 question CYD survey is anonymous and has been designed to help you, your loved ones or your health care professional answer some questions about drinking. When you have finished the test you can print your Final Report or email your Final Report directly to yourself or your health care professional.

Please begin the survey by filling in the following anonymous information.

How do you compare?

I'd like to take this test...

For yourself


For someone you know

You are just checking out the CYD test to see what the results look like

How much would you say that each drink costs you?

\$ example: 3.75

How do I compare?

Buriiji 
Changes the Compliance Equation

*Improve health outcomes
by bridging traditional
healthcare and Web 3.0*


MAIN
HOME PAGE
ABOUT THE PROGRAM

OTHER
PRIVACY POLICY
LEGAL INFORMATION
CONTACT INFORMATION
FINAL REPORT SAMPLE

COMMUNITY
FOLLOW US ON FACEBOOK
FOLLOW US ON TWITTER

Check Your Drinking (CYD)

This program is for educational purposes and is not to replace the advice of your family physician or other health care provider.
© 2000-2012 Evolution Health Systems Inc.

Evolution Health 

Drinktest

Archived at: <http://www.webcitation.org/6mYgXiK7Q>

Drinktest.nl

www.drinktest.nl

Trimbos instituut

ADVIES OP MAAT

www.drinktest.nl

(Deze test vereist dat uw browser [cookies accepteert](#))

Drinkt u regelmatig alcohol en wilt u weten of uw drinkgedrag een risico is voor uw gezondheid? Neem dan even tijd voor deze test.

De eerste vragen gaan vooral over de hoeveelheid alcohol die u drinkt en geven u hierover advies. Afhankelijk van de uitslag kunt u vervolgens nog één of meerdere delen van de test maken en ontvangt u meer advies en tips.

4 op een avond?

Gratis en anoniem

minderdrinken.nl

OVER DEZE TEST

Wat is uw favoriete alcoholhoudende drank?

Bier Wijn Sherry-Port Cocktail-Mixdrank Jenever Whiskey

Start →

Balance

Archived at: <http://www.webcitation.org/6mYghMiJq>

The screenshot shows a web browser window with the URL akan.no/verktoy/balance/. The page header includes the Akan logo and tagline: "Vi hjelper ledere og medarbeidere til å forebygge og håndtere rus og avhengighet." A navigation menu lists: "Hjem", "Om Akan", "Vi tilbyr", "Kurs", "Prosjekter", "Presse", and "Min side". A search bar is also present.

The main content area features a section titled "Balance" with a circular logo. Below this is a video player showing a man in a light blue polo shirt gesturing. To the right of the video is a text box with the following content:

Velkommen til Balance!
Hadde det ikke vært godt å vite litt mer om alkoholvaner dine? Så er du kan sjekke det du drikker, når å være opptatt for om du "drikker for mye".
Det er dette Balance handler om. Å gi deg innover i alkoholforbruket ditt. Så er det å bli trygg på å drikke å drikke. Bare så det er sagt!

Skjell og en bruk Balance kan gjøre for deg

Hva er Balance?

Balance er et internettbasert, helsefremmende tilbud til dem som vil sjekke, og eventuelt justere, sine alkoholvaner. Programmet øker bevisstheten rundt eget alkoholkonsum, og kan bidra til å endre risikofylt konsum for de som har behov for det. Balance gir også råd om hvordan takle stress og ha det bedre i hverdagen.

Balance er lett tilgjengelig, og kan kjøres hvor som helst ved bruk av PC, nettbrett eller smarttelefon. Det kreves kun en nettleser og tilgang til internett.

Drinking Less

Archived at: <http://www.webcitation.org/6mYgv5ULr>

Minderdrinken.nl

Voor wie Over alcohol Forum Contact [Start de cursus >](#)

Minder drinken of stoppen met drinken?

Minderdrinken.nl is een gratis en anoniem online cursus voor volwassenen die zelfstandig hun alcoholgebruik willen minderen.

[START DE ZELFTEST >](#)

Voor wie?

Minder Drinken is er voor iedereen die zijn alcoholgebruik willen minderen.

[LEES VERDER](#)

Over alcohol

Benieuwd wat drank met je doet?

[LEES VERDER](#)

Veilig alcoholgebruik

Belangrijk om rekening mee te houden

[Lees verder >](#)

Alcohol en opvoeding

Drinken op jonge leeftijd kan schade toebrengen

Alcohol eCHECKUP TO GO (eCHUG)

Archived at: <http://www.webcitation.org/6mYh1USjU>

eCHECKUP TO GO :: San

www.echeckuptogo.com/programs/alcohol

echeckup
TO GO

HOME PROGRAMS RESEARCH BEST PRACTICES ABOUT SUBSCRIBE FREE TRIAL

Alcohol eCHECKUP TO GO

The Alcohol eCHECKUP TO GO for Colleges & Universities is a personalized, evidence-based, online prevention intervention developed by psychologists at San Diego State University.

A free trial is available! Try the full application for 30 days.

Sign Up Today

Customized

Each subscription is *customized* to your campus to support:

- Your Health and Wellness goals
- Your Social Norms
- Your Campus Resources
- Your Local Community Resources



Alcohol Edu

Archived at: <http://www.webcitation.org/6mYhCe4M9>

Health & Wellness

Select a Skill Area

Inspiring students and employees to lead safer, healthier, and more productive lives

Our mission is to drive lasting, large-scale change on critical wellness issues facing students and employees. We help organizations make transformative impact on sexual assault, high-risk drinking, and broader wellness through evidence-based online programs, data, and advisory services.

Solutions by Market

K-12

AlcoholEdu® for High School

Healthy Relationships

Higher Education

AlcoholEdu® for College

Haven - Understanding Sexual Assault™

GreekLifeEdu®

My Student Body

Archived at: <http://www.webcitation.org/6mYhHw5LF>

The screenshot shows the homepage of My Student Body. At the top, there is a navigation bar with a search box and social media icons for Twitter, Facebook, and WordPress. Below this is a main menu with categories: Our Program, Our Expertise, Library, Case Studies, Research, and Press. The main content area features a large banner with a photo of a man and a woman sitting on the floor looking at a laptop. To the left of the photo is a 'Welcome' section with a 'MORE INFO' button. To the right is a 'Login' section with input fields for 'Username or Email address' and 'Password', a 'Log in' button, and a link for 'Forgot password?'. Below the login section are links for 'No login?', 'Do you have a school code?', and 'Register Here'. The page is divided into several content blocks: 'Effective Prevention Education' with a detailed paragraph and links to download posters; 'Medical Marijuana: Campus Policies and the Law' with a photo of marijuana and a link to the full article; and a 'Blog' section with a tweet from My Student Body asking about student stress and academic success. The tweet includes hashtags like #ManageStress, #AODPrevention, and #AcademicSuccess, and a link to a US News Education article.

Effective Prevention Education

MyStudentBody is a comprehensive approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. MyStudentBody engages students and parents in effective, evidence-based prevention and gives administrators the data to target, evaluate, and strengthen prevention initiatives. [Check out this informative video](#) to see MyStudentBody in action! [Download](#) FREE *Did You Know* Dating Violence Awareness Posters. [Download](#) FREE *Pass it On* Alcohol Awareness Posters.

[Read about our expertise](#)



Medical Marijuana: Campus Policies and the Law

Laws permitting medical use of marijuana create policy conflicts for colleges and universities. How to weigh the issues for your school.

[Read Full Article](#)

Tweets by @MyStudentBody

MyStudentBody @MyStudentBody
How would your students rank #school and life balance? #ManageStress #AODPrevention #AcademicSuccess #MyStudentBody [twitter.com/USNewsEducation...](https://twitter.com/USNewsEducation)

25 Nov

Blog

My StudentBody can help you comply with the educational requirements of the Campus Sexual Violence Elimination (SaVE) Act

The newly revised Campus Sexual Violence Elimination (SaVE) Act now requires colleges and universities to address the sexual violence students face on campus: the highest rates of stalking, the highest risk of nonfatal intimate partner violence, and high rates of rape or attempted rape. SaVE instructs colleges and universities to provide education for students and employees addressing the issues of domestic violence, dating violence, sexual assault and stalking.

Alcohol-Wise

Archived at: <http://www.webcitation.org/6mYhU0TXm>

The screenshot shows a web browser window with the URL <https://web.3rdmilclassrooms.com/courses/college/alcohol-wise>. The page features the 3rd Millennium Classrooms logo and navigation menu. The main content area is titled "College" and includes a descriptive paragraph about the courses. Below the text is a grid of 12 circular icons representing different courses. At the bottom, there is a section for "Alcohol-Wise" with a description and a "Why choose courses from 3rd Millennium?" section.

Alcohol-Wise | 3rd Millenni x

https://web.3rdmilclassrooms.com/courses/college/alcohol-wise

Contact Us | Login Help | Administrator SMS Login

3rd Millennium
CLASSROOMS

Home Courses Research Resources Our Company

Court | College | High School | WorkPlace

College

Each 3rd Millennium College Course incorporates proven techniques that are intended to change high-risk behavior. Whether used as prevention or intervention, 3rd Millennium's college courses can positively impact student welfare and campus culture. Each evidence-based course incorporates personalized feedback and the latest research techniques to change high-risk behavior. Many independently controlled studies demonstrate that students who use our online courses and our partnered eCHECKUP TO GO show significant reductions in high-risk drinking.

- Alcohol-Wise
- Alcohol-Wise 21+
- Under the Influence
- Greek-Wise
- Social Responsibility
- Marijuana-Wise
- Marijuana 101
- Consent & Respect
- Consent & Respect Staff
- Campus Climate Survey
- Other Drugs
- Nicotine 101

Alcohol-Wise

Alcohol-Wise is a 1-hour online alcohol abuse prevention course designed specifically for use on college campuses for first-year students and other high-risk groups.

Why choose courses from 3rd Millennium?

Evidence-Based Approach

How Our Programs Work

Smokefree

Archived at: <http://www.webcitation.org/6mYhc49dh>

The screenshot shows the Smokefree.gov website homepage. At the top, there is a navigation bar with the site name "smokefree.gov", links for "About Smokefree.gov" and "mHealth Blog", and a search bar. Below this is a secondary navigation bar with categories: "Tools & Tips", "Challenges When Quitting", "Quitting Smoking", "Stay Smokefree for Good", and "Understanding Smoking".

The main content area features several large promotional tiles:

- smokefreeTXT**: "Get encouragement, advice, and tips to quit." with a "SIGN UP" button.
- Daily Challenges and Practice Quit**: "Text messages to build skills without quitting."
- MySmokefree**: "Personalize your quit experience."
- Quit Plan**: "Quitting is easier with a plan." (with a "27" icon).
- Get support on your phone 24/7**: "Download our apps."

Below these tiles are six smaller article tiles:

- Depression 101
- Get Health Tips by Text Message
- Tips for Eating
- Find a Quit Method That Works For You
- Prepare to Quit
- 18 Ways Smoking Affects Your Health

The footer area includes social media icons for Facebook, Instagram, and Twitter, along with "LiveHelp", "Quit Plan" (with a "27" icon), and "SmokefreeTXT" icons.

At the bottom, there are three columns of links:

- Tools & Tips**: Create My Quit Plan, Using Nicotine Replacement Therapy, Texting Programs, Phone Apps, Speak To An Expert, Explore Quit Methods.
- Quitting and Weight Gain**: Managing Withdrawal, Cravings & Triggers, Stress & Mood, Quitting And Weight.
- Quitting Smoking**: What To Do On Quit Day, Why Quitting Is Hard, Prepare To Quit, Benefits of Quitting, Don't Quit Alone, Reasons To Quit.

QuitCoach

Archived at: <http://www.webcitation.org/6mYhwFhU4>


QuitCoach > Home

www.quitcoach.org.au

Quitline.13 7848

Join QuitCoach

Get expert advice to help you quit smoking and stay quit forever!



What is QuitCoach?

QuitCoach provides you with a personalised quitting plan. It creates this plan based on your responses to questions about your motivation, confidence and past attempts. It is designed to provide useful advice wherever you are on your quitting journey.

QuitCoach is free, and has helped thousands to achieve their goal of becoming a nonsmoker. Research shows it increases your chances of quitting.¹

Quitting smoking is a process that can take time. QuitCoach works best if you return and review your situation when things have changed e.g. after you quit. QuitCoach then asks questions relevant to your current situation and will adjust your quitting plan to reflect the progress you have made. It can also help you to recover if things don't go to plan.

If you would also like to receive regular reminders to keep on track, join Quit's new SMS service, **QuitTxt**. QuitTxt works well in partnership with QuitCoach.

How QuitCoach Helps You

QuitCoach gives you advice to help you:

- understand your addiction
- know what to expect when you quit
- have strategies to help you resist urges to smoke
- know what tools are available to help you

Quitting is a process and QuitCoach can help you with all of the key challenges, such as:

- making the decision to quit
- setting a quit date and actually stopping
- dealing with urges to smoke and nicotine withdrawal
- dealing with situations where you used to smoke
- starting to think and feel like a nonsmoker

Already a member of QuitCoach or QuitTxt?

Username:

Password:

[Log in](#)

Not a member of QuitCoach or QuitTxt?

[Join now](#)

[Enter as guest](#)

Password Retrieval

Please enter your email address to retrieve your password

Stop-tobacco

Archived at: <http://www.webcitation.org/6mYluqZeC>

Welcome - Stop-Tobacco.ch

www.stop-tobacco.ch/en/

Welcome

- Tips for quitting
- Coping with withdrawal symptoms
- Anti-relapse tips
- Medication to help you quit
- Electronic cigarette
- Related illnesses and health risks
- Talking about it
- Addresses and phone numbers

About us | Brochures | Testimonials

Search...

FR DE IT EN ES PT

Stop-tobacco.ch

Newsletter:

Forum Test yourself Coach

Stop-tobacco News

- Misleading definitions of e-cigarette use cannot produce the sound science needed for regulation
15 Nov 2016
- Interesting new qualitative study on e-cigarettes
15 Nov 2016
- There's More to Life Than Being Happy - The Atlantic
15 Nov 2016
- Vaping could help prevent ex-smokers piling on the pounds, research suggests
8 Nov 2016

Help and advice on quitting smoking

I've made my mind up, I'm quitting

I just quit...

Like millions of ex-smokers, you too are capable of quitting! *Personal accounts, forum, e-coach* and tips: by using their help, you double your chances of quitting successfully.

Automatic Coach for quitting smoking

SMOKE FREE

Addresses

Testimonials

faq Your questions

Stop-tobacco free iPhone App E-cigarette

Stop-tobacco free iPhone App

Give Up Smoking

Archived at: <http://www.webcitation.org/6mYi7EMYi>

Dejar de Fumar

Acceso a usuarios registrados

Usuario

Contraseña

Siguiete

¿Olvidaste tu contraseña?

Inicio

TRATAMIENTO PARA DEJAR DE FUMAR

Usted ha accedido a un sitio de Internet para dejar de fumar. El tratamiento que se ofrece está contrastado científicamente por diferentes estudios que demuestran su utilidad en una situación clínica en la que hay un contacto directo, cara a cara, entre el terapeuta y el paciente. El principal propósito de esta web es comprobar si Internet también puede ser útil a la hora de ayudar a los fumadores que quieren abandonar el consumo de tabaco, sin acudir físicamente a una consulta médica o psicológica.

Este estudio está supervisado por investigadores de la Facultad de Psicología de la Universidad Nacional de Educación a Distancia, todos ellos expertos en el ámbito de la intervención clínica, y se encuentra dentro del proyecto de investigación I+D+I SEJ2004-03392/PSI financiado por el Ministerio de Educación y Ciencia.

¿Está participando ya en algún tratamiento para dejar de fumar: parches, acupuntura, chicles, psicólogo, médico, etc..?

Si No

Siguiete

UNED Facultad de Psicología

GOBIERNO DE ESPAÑA MINISTERIO DE EDUCACIÓN Y CIENCIA

Asistencia Psicológica on line APSIOL

Facultad de Psicología - UNED - 2016

Guide to Quitting Smoking

Archived at: <http://www.webcitation.org/6mYiD7Mh9>



Quit

Archived at: <http://www.webcitation.org/6mYiHsRm2>

hn Slutte å snuse og røyke - h x

DIREKTORATET FOR E-HELSE [NO] | <https://helsenorge.no/rus-og-avhengighet/snus-og-roykeslutt/>

Logg inn

helsenorge.no MENY MIN HELSE

[helsenorge.no](#) > [Rus og avhengighet](#) > [Snus- og røykeslutt](#)

Rus og avhengighet


Snus- og røykeslutt

SLUTTA

Få hjelp til din snus- og røykeslutt

Mange ønsker hjelp til å slutte å røyke eller snuse. Bruk telefon, chat, app, nettsider, helsepersonell og kurs.


→




Snus- eller røyksugen?

Sprekker du når suget etter røyk og snus blir intenst? Det finnes måter å gjøre suget mer håndterlig.

→



Se hvilke helsegevinster du får kort tid etter røykeslutt

 Vil du være med i en undersøkelse om å slutte å røyke eller snuse?


[Les mer og delta i studien her ↗](#)

i

Snus- og røykesluttstudie

[Les mer](#)

Her er mer informasjon om prosjektet, hva deltakelse i studien innebærer for deg m.m.



QuitNet

Archived at: <http://www.webcitation.org/6mYiMLeFO>

me you Health

Already a member? [Sign in.](#)

QUITNET[®]

by me you Health

Quit smoking with the longest-running program in the world.

[Join now](#)

9:41 AM

QUITNET

Larry C. 8 minutes ago
4 days until quit

Just signed up. Let's do this!

3 comments

Comment Smile

Judith G. 5 minutes ago
4 days until quit

Quitting smoking is a journey. Don't quit alone[®]!

Become a part of the QuitNet community, and connect with smokers and ex-smokers on every part of the quit journey. You can even take QuitNet wherever you go with the free iOS app.

[Download now](#)

We're the longest-running program

QuitNet has been helping smokers quit since 1995, and it's still going strong! It's the safe, supportive place where smokers and ex-smokers gather to quit and stay quit.

So many strategies

Keep your quit by taking the daily pledge. Share how you're doing in the feed. Reach out to the QuitNet community for help when you've got a craving. Ask an expert your toughest

Reduce Your Use


Archived at: <http://www.webcitation.org/6mYiU6kjc>

Sign Up • Reduce Your Use X

← → ↻ <https://reduceyouruse.org.au/sign-up/> ☆

Reduce your use: ^{beta}

How to break the cannabis habit



If you think your cannabis use is a problem for you, then this free online program may help you to cut back and even stop your use altogether.

We provide you with advice and support throughout the course of the program as it progresses over six weeks.

Take the first step to reducing your use today. Sign up now and get started immediately.

[Download information flyer about Reduce Your Use](#)

Please enter your details to sign up.

Username — *only letters, numbers and hyphens*

Email

Password — *please enter your password twice*

I agree to the terms of service.

Already signed up? [Click here to login](#)

Privacy Policy | Contact Us | Report a problem — © 2009 – 2016 NCPIC

ncpic
national cannabis prevention and information centre

Quit the Shit

Archived at: <http://www.webcitation.org/6mYiYUee2>

Quit the Shit - ein Beratung x

https://www.quit-the-shit.net/qts/

Quit the Shit

drugcom.de

Hallo! Melde dich an, um deine persönliche Beratung zu erhalten.

- DAS PROGRAMM ▾
- WISSENSWERTES ▾
- FAQ ▾
- FORUM ▾
- USERBERICHTE ▾
- ANMELDUNG ▾
- LOGIN ▾

HOME

BERATUNG FINDEN

Quit the Shit



Wenn du mit dem Gedanken spielst, weniger oder gar nicht mehr zu kiffen, dann bist du hier richtig. Quit the Shit ist ein Informations- und Beratungsservice speziell für Cannabiskonsumtinnen und -konsumenten.

Du findest hier nützliche Informationen, die helfen, den eigenen Cannabiskonsum in den Griff zu bekommen. Kernstück von Quit the Shit ist ein mehrwöchiges Beratungsprogramm. Wir bieten dir an, dich individuell bei deinem persönlichen Vorhaben zu unterstützen. Die Teilnahme ist kostenlos und anonym.

- >> Mehr Informationen zum Programm
- >> Cannabiskonsum in den Griff kriegen: Wissenswertes
- >> Zur Anmeldung

LOGIN QUIT THE SHIT

Benutzername

Passwort

LOGIN

» Passwort vergessen?

» Neu hier? Zur Anmeldung

USERBERICHT



Peter

32 Jahre

männlich

Quit the Shit hat mir die aktuelle Konsumsituation detailliert aufgezeigt.

[... mehr]

Über uns | Kontakt | Impressum | Datenschutz

MoodGYM

Archived at: <http://www.webcitation.org/6mYie9JlI>

M MoodGYM Training Program x

← → ↻ <https://moodgym.anu.edu.au/welcome> ☆

Select language:
English ▾

ew MoodGYM
OWING SOON
Click to learn more



MoodGYM
TRAINING PROGRAM

Learn cognitive behaviour therapy skills
for preventing and coping with depression

Login >

or

Sign Up >

Seeking immediate help?

In Australia contact [Lifeline](#): 13 11 14 or [Kids Helpline](#): 1800 551 800
Local help lines for other parts of the world are listed at befrienders.org.



Australian
National
University

MoodGYM was developed by

- ▶ **e-hub Mental Health** at the
- ▶ **National Institute for Mental Health Research**

Technical Requirements | FAQ | Privacy

BluePages

Archived at: <http://www.webcitation.org/6mYiigPaJ>

The screenshot shows a web browser window with the address bar displaying "bluepages.anu.edu.au". The page features a blue header with the "BluePages" logo and the text "Depression Information". A navigation menu on the left includes links for HOME, SYMPTOMS, TREATMENTS, HELP & RESOURCES, PREVENTION, and ABOUT BLUEPAGES. The main content area has a "Welcome to BluePages!" heading, followed by a paragraph about the site's focus on scientific evidence for depression treatments. It includes a link to "what the experience of depression is really like" and a section for "New and updated treatment information" with a link to "What works for Depression (and what doesn't)". A call to action for immediate help in Australia provides contact numbers for Lifeline and Kids Helpline. At the bottom, there are logos for BlueBoard, the MoodGYM, E-COACH, and beacon, along with copyright information and a footer with links for Disclaimer, Privacy, Feedback, Contact Us, and Webmaster.

Welcome to BluePages! - E X

bluepages.anu.edu.au

English | Norsk

BluePages

Depression Information

- HOME
- SYMPTOMS
- TREATMENTS
- HELP & RESOURCES
- PREVENTION
- ABOUT BLUEPAGES


Welcome to BluePages!





BluePages provides information on treatments for depression based on the latest scientific evidence. It also offers screening tests for depression and anxiety, and links to other helpful resources.





[Click here to read what the experience of depression is really like.](#)


New and updated treatment information: New entries have been recently added to the BluePages [What works for Depression \(and what doesn't\)](#).

Seeking immediate help in Australia? Contact [Lifeline: 13 11 14](#) or [Kids Helpline: 1800 55 1800](#)

 This site complies with the HONcode standard for trustworthy health information: [verify here.](#)

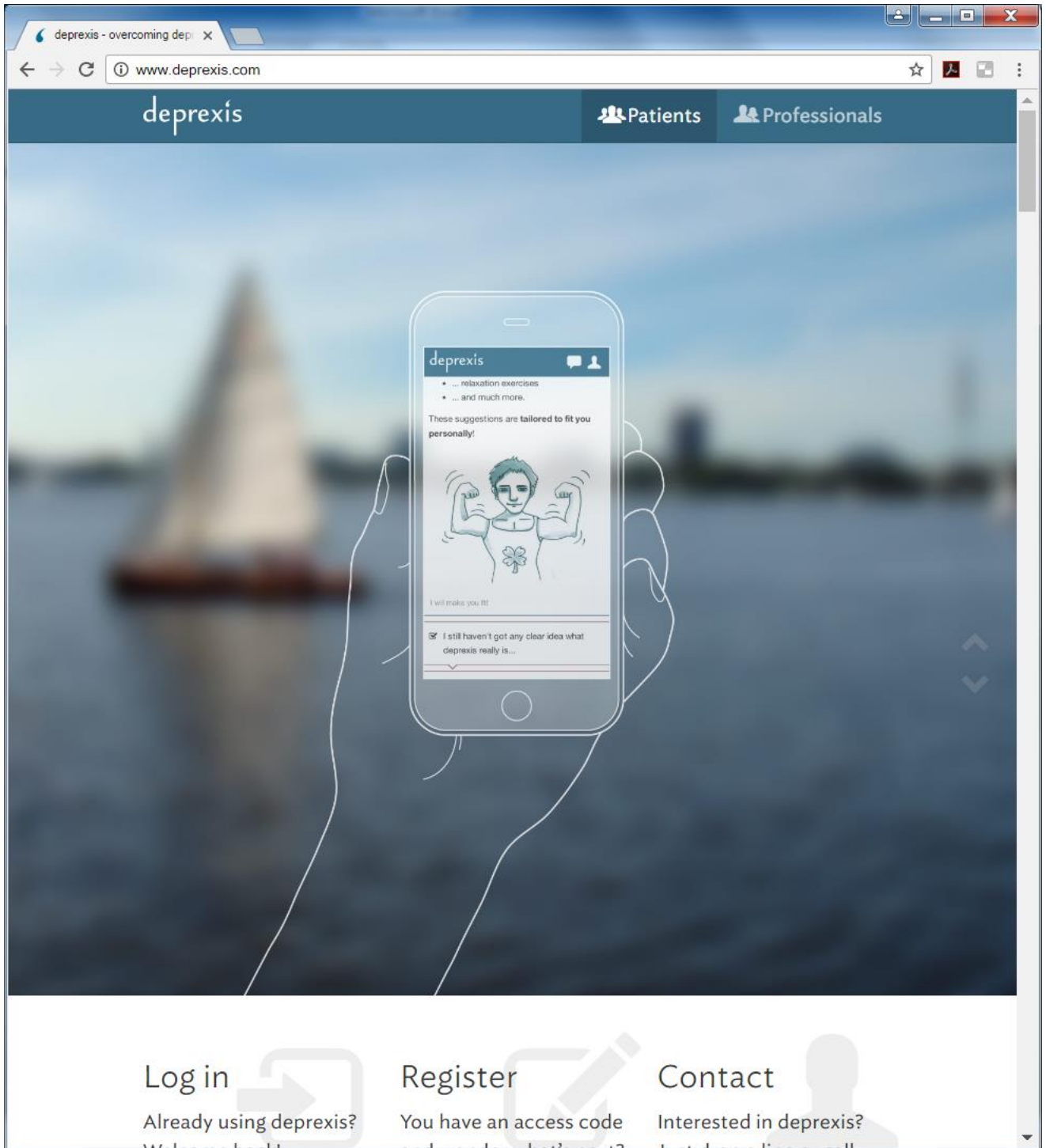
© 2001 - 2015
The National Institute for Mental Health Research, The Australian National University.
[Disclaimer](#) | [Privacy](#) | [Feedback](#) | [Contact Us](#) | [Webmaster](#) 

Page last modified: 2 April 2015

Adapted from Innovation Theme by [Caqintranet](#) - [Powered by GetSimple](#)

Deprexis

Archived at: <http://www.webcitation.org/6mYinoNcW>



The screenshot shows a web browser window with the URL www.deprexis.com. The website has a dark blue header with the 'deprexis' logo and navigation links for 'Patients' and 'Professionals'. The main content area features a large background image of a sailboat on water. In the center, a hand holds a smartphone displaying the mobile app interface. The app screen shows the 'deprexis' logo, a list of suggestions including '... relaxation exercises' and '... and much more.', and a personalized message: 'These suggestions are tailored to fit you personally!'. Below this is an illustration of a muscular person flexing their arms, with a small clover-like symbol on their chest. A text box below the illustration says 'I will make you fit'. At the bottom of the app screen, there is a checkbox labeled 'I still haven't got any clear idea what deprexis really is...' which is currently checked. The bottom of the website features three buttons: 'Log in' with an arrow icon, 'Register' with a pencil icon, and 'Contact' with a person icon. Below each button is a short description: 'Already using deprexis?', 'You have an access code', and 'Interested in deprexis?'.

Color Your Life

Archived at: <http://www.webcitation.org/6mYiszyh>

Depressie behandeling - Kl x

www.kleurjeleven.nl

login » contact » Delen ↗

kleurjeleven.nl

Zelfhulp cursus ontwikkeld door psychologen van het Trimbos-instituut

Bent u vaak somber?

Verbeter uw stemming met het online behandelprogramma Kleurjeleven.nl!

- Bewezen effectief
- Ontwikkeld door het Trimbos-instituut
- Gevolgd door meer dan 15.000 Nederlanders

 **Begin vandaag**
Doe de zelfstest

Home Basis GGZ Kleurjeleven.nl in de huisartspraktijk Over de makers Voor verwijzers Aanmelden

Effectief, online behandelprogramma met begeleiding op afstand door een psycholoog

U krijgt een telefonische intake en twee telefonische begeleidingsgesprekken. In acht lessen van 30 minuten leert u stap voor stap positiever in het leven te staan. Kleurjeleven.nl biedt structuur en kunt u in uw eigen tempo volgen.

Les 1: Denken en voelen
U krijgt een introductie van de cursus en uitleg over de relatie tussen denken, voelen en doen.

Les 2:
U onder...
en leer...
...n plezierige activiteiten
Denken.

Les 3: Ontspannen
U leert om te gaan met stress en hoe u te...

Margreet

Mental Health Online

Archived at: <http://www.webcitation.org/6mYj15VeL>

The screenshot shows a web browser window with the URL <https://www.mentalhealthonline.org.au/Default.aspx>. The page features a navigation menu with links for "Sign in", "Join now", "Print this page", "Contact us", and "Sitemap". The main content area is titled "mentalhealthonline" and includes a search bar. Below the navigation, there are five main sections: "Get Started" (orange), "About Us" (green), "About Mental Health" (teal), "Health Professionals" (dark blue), and "Useful Resources" (maroon). Each section contains an icon and a brief description of the content. The footer includes the Swinburne University of Technology logo, copyright information, and a disclaimer.

Mental Health Online

[Sign in](#) [Join now](#) [Print this page](#) [Contact us](#) [Sitemap](#)

mentalhealthonline

[Get Started](#) [About Us](#) [About Mental Health](#) [Health Professionals](#) [Useful Resources](#)

Get Started

Complete our on-line mental health assessment

About Us

Information about our clinic, services and the 4 steps to using our programs

About Mental Health

Information about mental health difficulties

Health Professionals

Online resources for mental health professionals

Useful Resources

Links to other mental health sites and information about participating in research

SWINBURNE UNIVERSITY OF TECHNOLOGY

© Swinburne | CRICOS number 00111D
Mental Health Online is funded by the Australian Government Department of Health and Ageing under the Telephone Counselling, Self Help and Web-Based Support Programmes measure
Version Number: 3.0.5.21198

Copyright and Disclaimer
Privacy
Terms and Conditions

This Way Up

Archived at: <http://www.webcitation.org/6mYjG4I5J>

The image displays a screenshot of the This Way Up website. At the top, the browser address bar shows the URL <https://thiswayup.org.au>. The navigation menu includes links for SIGN UP, LOG IN, TAKE A TEST, Blog, and social media icons for Facebook, YouTube, and email. A banner for 'MUMENTUM PREGNANCY TRIAL' is visible. Below the navigation, a yellow 'THIS WAY UP' logo is followed by the text 'How Do You Feel How We Can Help Courses Who We Are For Clinicians'. The main heading reads 'CONTROL YOUR ANXIETY AND DEPRESSION', with a subtext stating 'THIS WAY UP online courses have been clinically proven to lessen anxiety and depression'. The central focus is a desktop monitor displaying the 'Mixed Depression & Anxiety' course page, which features three lesson cards: 'Lesson 1: Tackling thoughts', 'Lesson 2: Mind anxiety and depression', and 'Lesson 3: Identifying thoughts and taking low activity'. To the right, a tablet and a smartphone show the mobile app interface, which lists 'DEPRESSION LESSON 1: The Diagnosis', 'DEPRESSION LESSON 2: Monitoring your thoughts and activities', and 'DEPRESSION LESSON 3: Learning to improve'. A vertical 'COURSE PROGRESS' bar is visible on the mobile screens.

Stress and Mood Management

Archived at: <http://www.webcitation.org/6mYjKc4DL>

The screenshot shows a web browser window displaying the Center for Workforce Health website. The browser's address bar shows the URL centerforworkforcehealth.com/programs/stress-and-mood-management/. The website header features the logo for the Center for Workforce Health, which includes the text "Center for Workforce Health" and "Improving the Health and Productivity of Today's Workforce" above a row of blue squares. A navigation menu below the header contains links for "home", "programs", "approach", "who we are", "outcome studies", "clients & partners", and "contact".

The main content area is titled "Our Programs" and includes a link for "Back to Program List". Underneath, the "Stress and Mood Management" program is highlighted. The program description is organized into three sections: "Overview", "Approach", and "Evidence".

- Overview:** *Stress & Mood Management* is designed to help build resiliency and skills to tackle the strains and stresses of everyday life. Developed through a grant from the National Institute of Mental Health, this program includes segments on the disorders of depression and anxiety, as well as a variety of effective stress management techniques.
- Approach:** *Stress & Mood Management* contains a vast amount of information about stress, depression, and anxiety. Although aimed at people in the workplace, the content is of value to anyone interested in these mental health issues. The site provides self-assessment tools to gauge levels of stress, anxiety or depression, and includes information on the body's response to stress and the physiology associated with depression and anxiety. Through the use of full narration, animation, text, and graphics, the program gives helpful strategies and tools to help minimize the negative effects of these states. The program also addresses the dangers of self-medication through alcohol and drugs and provides information on treatments that work. Finally, the program features a useful resource section with links to government and private organizations that handle mental health issues.
- Evidence:** The NIH-supported randomized trial conducted at America Online demonstrated significant positive effects on stress, alcohol consumption and knowledge of depression and anxiety disorders. See Outcome Studies for information on the article published in the *Journal of Occupational and Environmental Medicine*.

Three video player thumbnails are displayed on the right side of the page:

- Identify Stressors:** A video player titled "Identify Stressors" with a sub-header "STRESS SYMPTOMS". The video frame shows a grid of nine small images of diverse people's faces. The video player includes a progress bar and "Log Out" and "Contact Us" links.
- Make Positive Choices:** A video player titled "Make Positive Choices" with a sub-header "THE MENTAL LENS". The video frame shows a cartoon illustration of a person driving a car, with a speech bubble above the car that says "Why is he driving this way?". The video player includes a progress bar and "Log Out" and "Contact Us" links.
- Identify Stressors:** A video player titled "Identify Stressors" with a sub-header "INTRODUCTION". The video frame shows the word "Eustress" in a large font. The video player includes a progress bar and "Log Out" and "Contact Us" links.

Internet-based Mindfulness Treatment

Archived at: <http://www.webcitation.org/6mYjX09NU>

The screenshot shows a web browser window displaying the homepage of the Mindfulness Center. The browser's address bar shows the URL <https://www.mindfulnesscenter.se/en>. The website features a logo for 'Mfc' and 'MINDFULNESSCENTER.SE'. A navigation menu includes 'About us' and 'Shop'. The main content area has a large image of a woman in a field with the heading 'A simple method that helps' and a paragraph describing mindfulness training. Below this are three course cards: 'Mindfulness Taster Course', 'Introduction to Mindfulness', and 'Mindfulness for Health'. A contact section lists four staff members with their photos, names, phone numbers, and email addresses. On the right, there is a 'Contact us' form with fields for 'Your name', 'Your email', and 'Message'.


en - x

← → ↻ <https://www.mindfulnesscenter.se/en> ☆ 👤 🗄 ⋮

🇸🇪 På svenska 📧


Mfc
MINDFULNESSCENTER.SE

🏠 About us 🛒 Shop




A simple method that helps

Mindfulness training helps you find a way out of the rat race and create a life simply to feel better! We have programs that make it easy for you to practise shows that as little as 10 minutes a day is effective, so try it for yourself and s




Mindfulness Taster Course




WELCOME
TO THE
PRESENT
MOMENT


Introduction to Mindfulness




Mindfulness for Health




Susanne Sahlen-Nyberg
☎ +46 70 388 82 07
✉ susanne@mindfulnesscenter.se



Jenny Törnblom
☎ +46 70 249 05 07
✉ jenny@mindfulnesscenter.se



Åsa Nelson
☎ +46 70 266 40 67
✉ asa@mindfulnesscenter.se



Marie Tyrbro
☎ +46 72 727 22 79
✉ marie@mindfulnesscenter.se

Contact us

Your name

Your email

Message

My Trauma Recovery

Archived at: <http://www.webcitation.org/6mYjc236R>

The screenshot shows a web browser window with the address bar displaying "mytraumarecovery.com". The page title is "MY TRAUMA RECOVERY". A navigation menu includes "HOME", "INTRODUCTION", "ABOUT", "RESOURCES", "TESTIMONIALS", and "CONTACT US". A large video player is on the left, and a grid of six topic cards is on the right: "SOCIAL SUPPORT", "RELAXATION", "SELF TALK", "PROFESSIONAL HELP", "TRIGGERS", and "UNHELPFUL COPING". A "Start Here" button is positioned below the grid. The footer contains the copyright notice: "© Blue Sun Inc, all rights reserved".

MY TRAUMA RECOVERY

HOME

Log in

HOME INTRODUCTION ABOUT RESOURCES TESTIMONIALS CONTACT US

00:00 00:00

SOCIAL SUPPORT

RELAXATION

SELF TALK

PROFESSIONAL HELP

TRIGGERS

UNHELPFUL COPING

Start Here

© Blue Sun Inc, all rights reserved

My Disaster Recovery

Archived at: <http://www.webcitation.org/6mYjgJg0A>

The screenshot shows a web browser window with the URL disaster.bluesunsupport.com. The page features a header with the title "MY DISASTER RECOVERY" and logos for "Bluebonnet Trails Community Services" and "TEXAS Crisis Counseling Program A.R.I.D.S.". A navigation menu includes links for HOME, WHY USE THIS SITE?, ABOUT US, RESOURCES, TESTIMONIALS, CONTACT US, and LANGUAGES. A video player is embedded, showing a woman in an orange shirt in front of windows. To the right are six category tiles: SOCIAL SUPPORT, SELF TALK, RELAXATION, UNHELPFUL COPING, TRIGGERS, and PROFESSIONAL HELP. A "Start Here" button is positioned below these tiles. A red text box contains the phone number 1-800-273-TALK(8255) and identifies the site as the My Trauma Recovery Site. The footer contains copyright information for BlueSun, Inc., a disclaimer, and contact details.

MY DISASTER RECOVERY

Bluebonnet Trails Community Services

TEXAS Crisis Counseling Program A.R.I.D.S.

Home
Help | Login

HOME WHY USE THIS SITE? ABOUT US RESOURCES TESTIMONIALS CONTACT US LANGUAGES

0:00 / 2:32

SOCIAL SUPPORT

SELF TALK

RELAXATION

UNHELPFUL COPING

TRIGGERS

PROFESSIONAL HELP

Start Here

If you need to talk to someone immediately please call this number: 1-800-273-TALK(8255).

This is the My Trauma Recovery Site.

Copyright © 2016 BlueSun, Inc. All rights reserved.

This site is not meant to replace professional counseling.

info@bluesunsupport.com (719)649-2677

Talk to Me

Archived at: <http://www.webcitation.org/6mYjIVGfO>

Greetings from Dr. Net

www.internetmeayuda.com/mhpEnglish/saludo.htm

PREVI
PERSONALLY REALIZING YOUR DREAMS

/ Forum / Who we are
/ Contact

- 1 A greet
- 2 Evaluate
- 3 Install
- 4 Explain
- 5 Test
- 6 Register
- 7 Solve

1. Greetings from Dr.Net!

Are you afraid of **giving a talk or a speech, taking an oral exam or presenting a project in front of a group of people?** Have you missed opportunities of promotion at work, or to obtain better grades in your studies for not having dared to speak in public?

People with fear of public speaking, when they have to face these types of situations, experience great anxiety, they also tend to think that they are going to do it badly, and often think that their performance has been deficient. They think that others will notice that their voice or hands are shaking, or they believe that at any moment a great level of anxiety is going to invade them, or that they will not be able to correctly articulate words, etc...

It is possible that you are reading these lines because you identified yourself with this situation. If this is the case, welcome, **you might find the solution to your problem here.** In order to do so, you must follow the steps that will guide you in how to do it.

Dr. Net will help you!

Healthy Living Check


Archived at: <http://www.webcitation.org/6mYjqAbQS>

Check. Leid je een gezond x

www.gezondlevencheck.nl

Gezond leven check

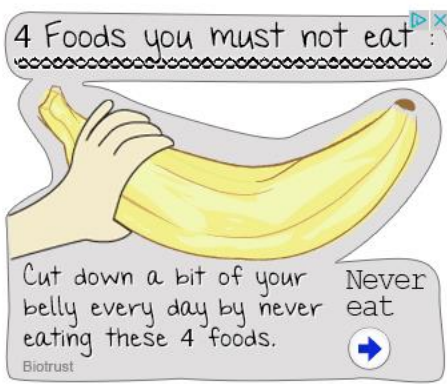
Doe de gezondheidstests



BMI check

[Tweet](#)

De BMI -check



In relatie tot overgewicht, hoor je de laatste jaren vaak de term

Menu

- BMI check
- Leefstijl check
- Gezond eten check
 - Gezonde recepten
- Gehoort check
- Gezond bewegen check
- Huid check
- Ogen check
- Griep herkennen
- Contact
 - Sitemap
- En verder

Active Living Every Day

Archived at: <http://www.webcitation.org/6mYjx8SFG>

ACTIVE LIVING partners

ACTIVE LIVING
Every Day

▶ ALED HOME

- ▶ Getting Started
- ▶ My Journal
- ▶ Weeks 1 – 5
- ▶ Weeks 6 – 10
- ▶ Weeks 11 – 15
- ▶ Weeks 16 – 20
- ▶ Sign Out

Active Living Every Day Online Study Guide!

We at the Active Living Partners program have designed the *Active Living Every Day* course to help you become more physically active. As you work through the online study guide, you'll see that being more physically active may improve your health, give you more energy, and help you greet life with a brighter mental outlook.



The *Active Living Every Day* course takes 20 weeks to complete. Don't let the long timeline overwhelm you! We'll start out gradually and build new skills each week. We know you can do it because other people just like you have become more physically active by practicing the skills they learned in this course. By the end of our time together, you'll likely be up and moving more than before.

To read about the online study guide sessions, click on **Next**.

RETURN TO TOP CLOSE NEXT

My Path to Healthy Life

Archived at: <http://www.webcitation.org/6mYk14Dw7>

The screenshot shows a web browser window with the address bar displaying "mypathtohealthylife.com". The website header features the logo "My Path To Healthy Life" in blue and orange. Below the header is a row of five images: a doctor with a patient, a person on a bicycle, a man with a bowl of fruit, and a man with a dumbbell. The main content area is split into two columns. The left column contains text about the program's purpose and its development by Kaiser Permanente. The right column contains a "Sign In" form with fields for "User Name:" and "Password:", a "Sign In" button, and a link for "Forgot your user name or password?". The footer includes links for "En Español", "About This Site", "Privacy Policy", and "Contact Us", along with the copyright notice "©2008 Kaiser Permanente. All Rights Reserved".

My Path To Healthy Life

This program will help you manage your diabetes and prevent heart disease and other serious complications of diabetes by helping you make daily decisions around diabetes care (such as medication taking), exercise and the foods you eat in order to live a healthy life.

This program has been developed by researchers at Kaiser Permanente, with a grant from the National Institutes of Health.

Sign In

User Name:

Password:

[Forgot your user name or password?](#)

[En Español](#) | [About This Site](#) | [Privacy Policy](#) | [Contact Us](#)

©2008 Kaiser Permanente. All Rights Reserved

Food Smart

Archived at: <http://www.webcitation.org/6mYk636L2>

The screenshot shows a web browser window displaying the Food Smart program website. The browser's address bar shows the URL: centerforworkforcehealth.com/index.cfm/programs/food-smart/. The website header features the Center for Workforce Health logo and a navigation menu with links for home, programs, approach, who we are, outcome studies, clients & partners, and contact. The main content area is titled "Our Programs" and includes a "Back to Program List" link. The "Food Smart" program is highlighted, with an "Overview" section stating that the program is an interactive, multimedia tool for analyzing eating habits and creating dietary plans. An "Approach" section describes the program's science-based content and its goal of reducing the risk of major diseases. A list of program features includes interactive exercises, the Healthy Eating Plate guide, video testimonials, and food shopping strategies. The bottom of the page shows three interactive modules: "About Fats" with a pie chart, "About Proteins" with a comparison of protein sources, and a "Daily Calorie & Fat Calculator".

Center for Workforce Health
Improving the Health and Productivity of Today's Workforce

home | programs | approach | who we are | outcome studies | clients & partners | contact

Our Programs

[Back to Program List](#)

Food Smart

Overview

Everyone wants to stay trim and eat a nutritious diet that will lead to a healthier, longer life. The *Food Smart* program, an interactive, multimedia program based on the latest approaches to weight management and nutrition, will enable users to analyze their eating habits, formulate an improved dietary plan, and engage in effective strategies for healthy weight management.

Approach

In the *Food Smart* program, science based information and strategies are presented to provide the user with the motivation and skills necessary to make lasting dietary changes. The purpose of this program is to assist the user in adopting a nutritious diet and managing weight, thereby *reducing the risk of major disease, including cancer, cardiovascular disease, and diabetes*. The program contains the following segments:

- Interactive exercises to help analyze current eating practices and choose new, more healthful practices.
- Learn about the Healthy Eating Plate from Harvard—a new guide to making smart food choices.
- See and hear though video testimonials from people who have successfully lost weight—and maintained a healthy weight.
- Strategies for food shopping, meal planning, and overcoming challenges.

The *Food Smart* program can be used alone or purchased as part of the *Health Connection* suite of programs that also includes [Active Lifestyle](#) and [Stress Management](#).

Evidence

The NIH-supported randomized trial conducted at Ceridian demonstrated effects on multiple dietary outcomes. For Outcomes

FoodSmart

About Fats

Introduction
What You Eat
FoodSmart Facts & Guidelines

- Diets - and Many Diets!
- About Carbohydrates
- About Fats
- About Proteins
- Hydration
- Alcoholic Beverages
- Try a FoodSmart Fact
- Know the Nutrition Facts Label
- Ingredients List
- Frequently Asked Questions

Strategies for Success
Resources

LOG OUT CONTACT US

What Should I Eat?

Daily Calories

Total fat: No more than 30% of daily calories;
Saturated fat: No more than 10% of daily calories

FoodSmart

About Proteins

Introduction
What You Eat
FoodSmart Facts & Guidelines

- Diets - and Many Diets!
- About Carbohydrates
- About Fats
- About Proteins
- Hydration
- Alcoholic Beverages
- Try a FoodSmart Fact
- Know the Nutrition Facts Label
- Ingredients List
- Frequently Asked Questions

Strategies for Success
Resources

LOG OUT CONTACT US

50 grams of protein daily equal to Six 8 oz. Cups of Milk

63 grams of protein daily equal to Eight 8 oz. Cups of Milk

Two 3oz. Chicken Breasts

Three 3 oz. Chicken Breasts

FoodSmart

Daily Calorie & Fat Calculator

Introduction
What You Eat

The Biggest Loser Club

Archived at: <http://www.webcitation.org/6mYkAtZTq>

The Biggest Loser Club - C x

https://www.biggestloserclub.com

THE BIGGEST LOSER CLUB LOGIN

How It Works Success stories Pricing Bootcamp Questions [Join Now](#)

LOSE WEIGHT WITH THE BIGGEST LOSER


Official Weight Loss Club of NBC's *The Biggest Loser*

CHOOSE THE CLUB OR BOOTCAMP TO START YOUR WEIGHT LOSS JOURNEY TODAY!

[The Club](#)


[Bootcamp](#)

Special offer **3 months for \$39.99** Save 33%



DANNI BEFORE DANNI AFTER

WEIGHT LOSS CALCULATOR



I want to lose lbs

Current Weight lbs

Height ft in

Gender M F

Tell us some quick details about yourself and we'll recommend:

- ✓ How much weight you could lose*
- ✓ The date you'll lose it by
- ✓ How long it will take!

ExecuPrev

Archived at: <http://www.webcitation.org/6mYkLJWdc>

ExecuPrev™

Log Out

**Employees will tell you
(and research supports the fact)
that the number one driver of
employee health and productivity
(good or bad) is the employee's
relationship with their boss.**

User Guide/Overview/Cheat Sheet

Intro to Execuprev (Core Message)

FAQs

Orientation Lessons / Webinars

Audio Summary (MP3)

User ID:

Password:

Change Password

Forgot Password

Log In

ExecuPrev™

DASH for Health

Archived at: <http://www.webcitation.org/6mYkVaUAM>

The screenshot shows the homepage of the DASH for Health website. At the top, there is a navigation bar with links for Home, About the DASH Diet, How it Works, Pricing, Testimonials, Employers, and Contact Us. Below the navigation bar is a horizontal menu with five items: ABOUT DASH FOR HEALTH, LOWER BLOOD PRESSURE, LOSE WEIGHT, EAT BETTER, and MEET THE TEAM. The main content area features a large blue banner with a woman in a blue athletic top and black shorts running. To the right of the woman, the text reads "About DASH for Health" and describes the program's goal to teach the DASH diet. Below this text are two orange buttons: "Learn More" and "Sign Up Now!". To the right of the banner is a green box titled "Calculate Your Way to Better Health" with a form for Name and Email, and a "Continue" button. Below the banner, there is a section for the "DASH Diet Food Tracker App" with a "Download on the App Store" button. At the bottom, there is a "US News" badge indicating the site is "Rated #1 by US News & World Report". To the right of the badge, there is a section for "Tracking Your DASH for Health" with logos for Fitbit and Withings, and text stating "We've integrated the tracking power of your Fitbit and Withings devices into DASH for Health." Below this text are two orange buttons: "Learn More" and "Sign Up Now!".

DASH Diet - A Heart Health

www.dashforhealth.com

Log In

Home About the DASH Diet How it Works Pricing Testimonials Employers Contact Us

ABOUT DASH FOR HEALTH LOWER BLOOD PRESSURE LOSE WEIGHT EAT BETTER MEET THE TEAM

About DASH for Health

The DASH for Health program was designed to teach you the DASH diet. We give you the support, motivation and know-how to improve your health. From meal plans to twice-weekly email reminders, self-tracking tools and healthy tips and recipes you have all the tools you need to get started.

[Learn More](#) [Sign Up Now!](#)

Calculate Your Way to Better Health

Fill out the form below to see what the DASH Diet would recommend for you.

Name:*

Email:*

[Continue](#)

Be sure to download the new DASH Diet Food Tracker App
- Available Now in the Apple App Store -

Download on the App Store

US News
A WORLD REPORT
Rated #1 by US News & World Report

People just like you have lost weight, lowered their blood pressure and felt so much better after using the DASH for Health program.*

The tools on this site will enable you to learn the DASH diet, plus DASH diet recipes, quickly and easily. While on our program you'll also receive helpful expert advice on how to start a healthy exercise program and live a healthier lifestyle.

* Individual results may vary.

Tracking Your DASH for Health Progress just got easier!

fitbit. Withings
Inspire health

We've integrated the tracking power of your Fitbit and Withings devices into DASH for Health.

[Learn More](#) [Sign Up Now!](#)

Insomnia

Archived at: <http://www.webcitation.org/6mYkdB2ub>

Insomnie

HOME SLAAP SLAPELOOSHEID VERHELPEEN ONDERZOEK LEES MEER

INSOMNIE

EEN WEBSITE OVER CHRONISCHE SLAPELOOSHEID

Wel willen maar niet kunnen slapen, terwijl de rest van de wereld in dromenland verkeert – het is werkelijk een bijzonder vervelende ervaring. Het is ook een ervaring die de meeste mensen kennen. Of het nu moeite met inslapen was, of 's ochtends (veel) te vroeg wakker worden en niet meer verder kunnen slapen – iedereen weet wat slapeloosheid is.

Nu zijn er nogal wat mensen die *vaak* last hebben van slapeloosheid. Dus in plaats van af en toe hebben zij zeer regelmatig last van slapeloze nachten, voor een lange tijd. Dan spreken we over *chronische slapeloosheid* of *insomnie*.

Wil je een test doen om te kijken of je last hebt van insomnie?

Start de test

DEZE WEBSITE IS BEDOELD VOOR:

- Mensen die meer willen weten over slapeloosheid
- Mensen die last hebben van slapeloosheid
- Mensen die op zoek zijn naar een behandeling voor slapeloosheid
- Als naslagwerk

SHUTi

Archived at: <http://www.webcitation.org/6mYkl53g6>

The image is a screenshot of a web browser displaying the SHUTi website. The browser's address bar shows the URL www.myshuti.com. The website has a dark blue header with the SHUTi logo and the tagline "Sleep Healthy Using the Internet". A navigation menu includes links for HOME, HOW SHUTi WORKS, PRICING, EVIDENCE, NEWS, FOR PROVIDERS, and a prominent START TODAY button. The main content area features a headline: "Insomnia is not something that needs to be endured". Below this is a paragraph explaining that SHUTi is a personalized online CBT-I program. A "LEARN MORE" button is positioned below the text. At the bottom, a dark blue banner contains a quote from the American College of Physicians and the question "Do You Have Insomnia?".

SHUTi | A proven online CBT-I program

www.myshuti.com

LOG IN

SHUTi

Sleep Healthy Using the Internet

[HOME](#) [HOW SHUTi WORKS](#) [PRICING](#) [EVIDENCE](#) [NEWS](#) [FOR PROVIDERS](#) [START TODAY](#)

Insomnia is not something that needs to be endured

Referenced as "the best-studied program" by Harvard Health, SHUTi is designed to actively help retrain your body and mind for great sleep through six engaging Cognitive Behavioral Therapy for Insomnia strategy and learning sessions. Unlike printed material, video collections, or recorded lectures, each online Core is personalized to your current sleep patterns and goals, and walks you, step-by-step, through exactly what you need to do to maximum your sleep improvements, now and for the future.

SHUTi is an industry leading online CBT-I program with unsurpassed, proven results.

[LEARN MORE](#)

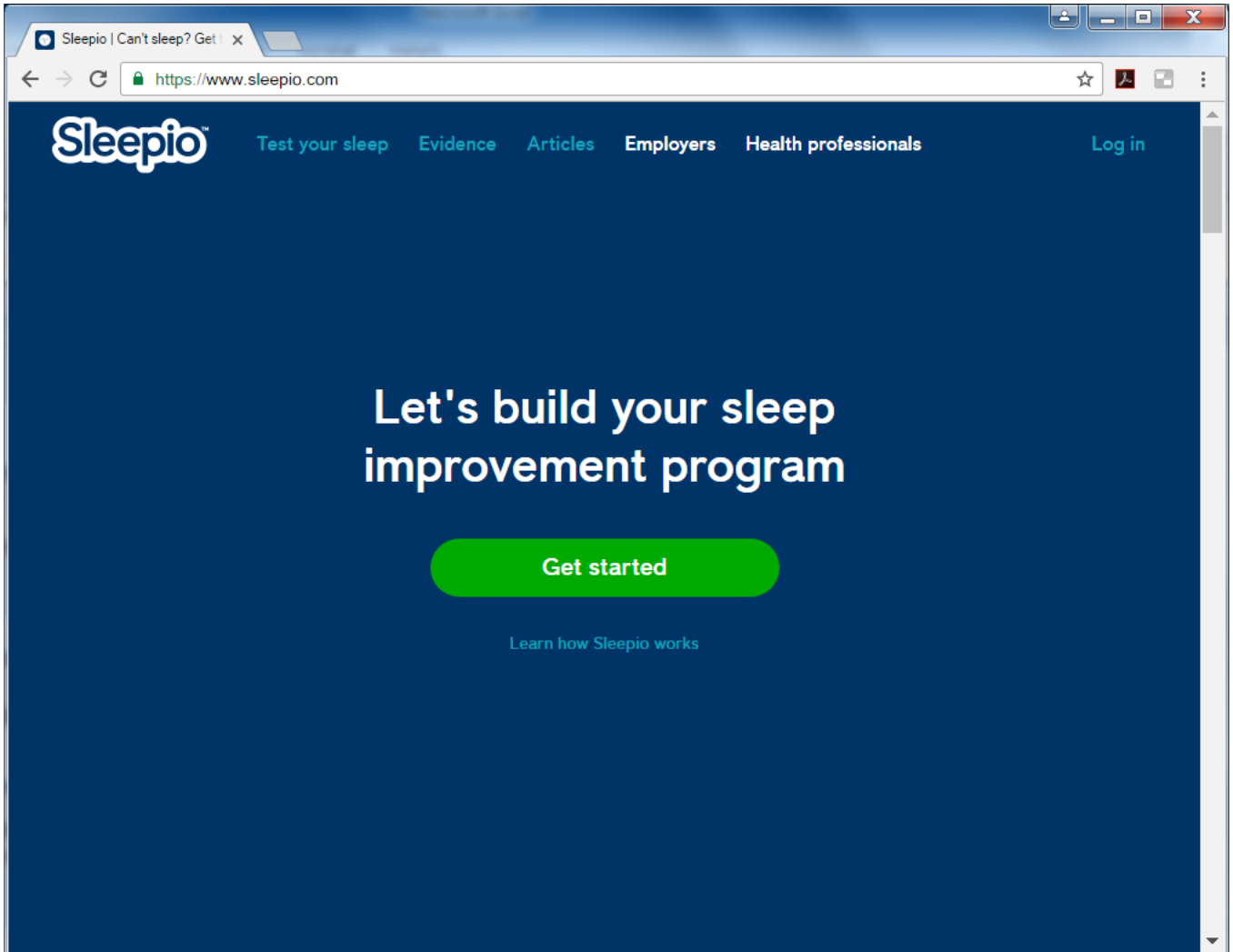
The American College of Physicians recommends that all adult patients with chronic insomnia receive cognitive behavioral therapy for insomnia, CBT-I, as their initial treatment.

In Clinical Guidelines published in May 2016, the American College of

Do You Have Insomnia?

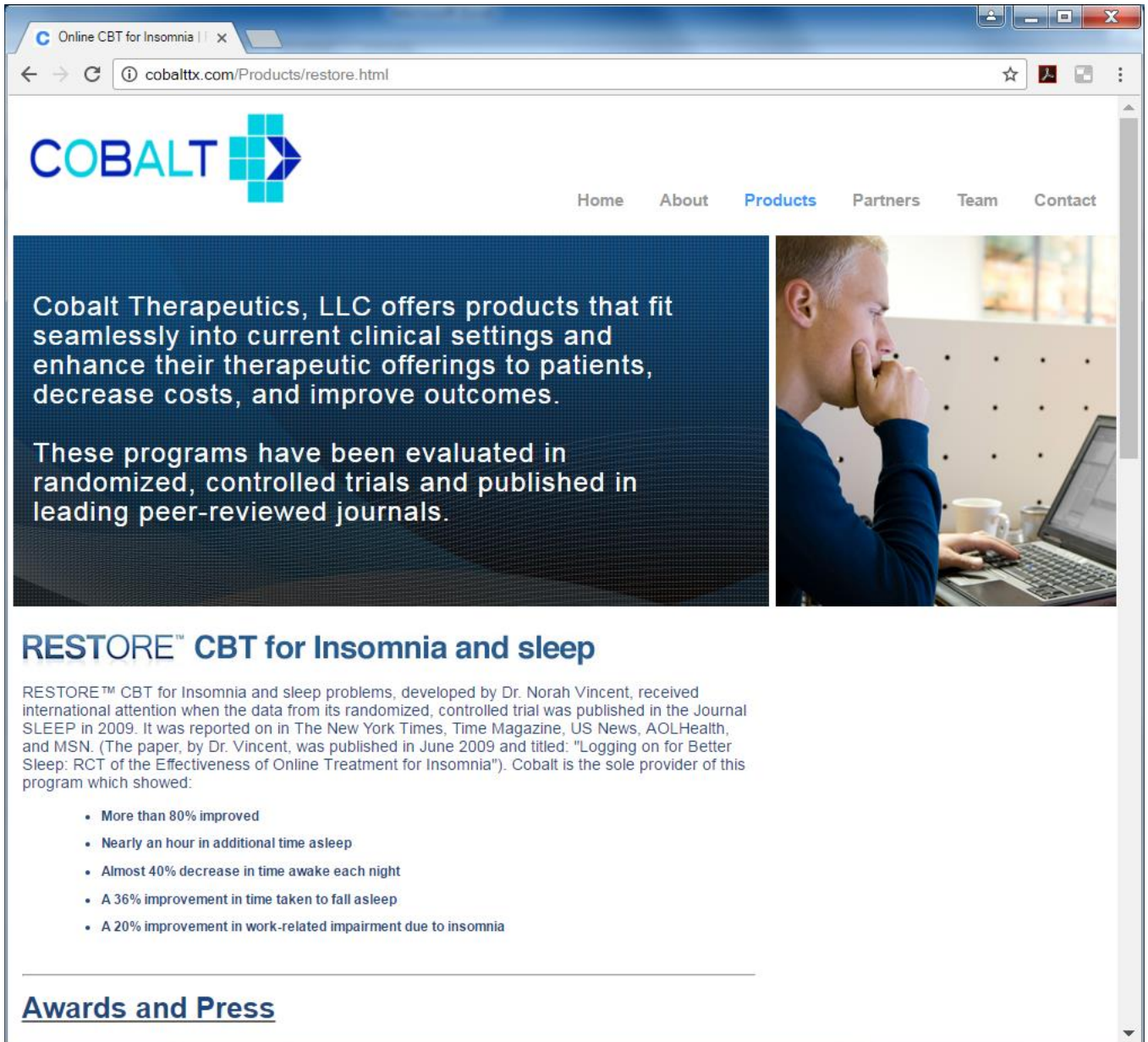
Sleepio

Archived at: <http://www.webcitation.org/6mYksdTpQ>



RESTORE

Archived at: <http://www.webcitation.org/6mYI5apAA>



The screenshot shows a web browser window with the address bar displaying "cobalttx.com/Products/restore.html". The website header features the COBALT logo and a navigation menu with links for Home, About, Products, Partners, Team, and Contact. The main content area has a dark blue background with white text. On the right side, there is a photograph of a man in a blue shirt sitting at a desk, looking at a laptop screen with his hand to his chin in a thoughtful pose.

COBALT

Home About **Products** Partners Team Contact

Cobalt Therapeutics, LLC offers products that fit seamlessly into current clinical settings and enhance their therapeutic offerings to patients, decrease costs, and improve outcomes.

These programs have been evaluated in randomized, controlled trials and published in leading peer-reviewed journals.

RESTORE™ CBT for Insomnia and sleep

RESTORE™ CBT for Insomnia and sleep problems, developed by Dr. Norah Vincent, received international attention when the data from its randomized, controlled trial was published in the Journal SLEEP in 2009. It was reported on in The New York Times, Time Magazine, US News, AOLHealth, and MSN. (The paper, by Dr. Vincent, was published in June 2009 and titled: "Logging on for Better Sleep: RCT of the Effectiveness of Online Treatment for Insomnia"). Cobalt is the sole provider of this program which showed:

- More than 80% improved
- Nearly an hour in additional time asleep
- Almost 40% decrease in time awake each night
- A 36% improvement in time taken to fall asleep
- A 20% improvement in work-related impairment due to insomnia

Awards and Press

painACTION

Archived at: <http://www.webcitation.org/6mYI9IMxn>

The screenshot shows a web browser window with the URL www.painaction.com/#. The page features the painACTION logo at the top left. A large central image shows a woman holding a large green leaf. To the left of the image, the text reads "welcome" and "painACTION picks up where the office visit leaves off." Below this, a section titled "painACTION shows you how to:" lists five bullet points: "Manage chronic pain, step-by step", "Learn what works for you", "Accomplish your goals", "Get the most out of your medical care", and "Achieve the quality of life you deserve". Below the list are two buttons: "Enter the Site" and "Take a Tour". At the bottom left, there is a link for "Healthcare Professionals" with a "Learn More" button. On the right side, there are two sections: "Register" and "Login". The "Register" section lists benefits such as "Information that's just right for you", "Tools for coping with pain", "Self-Check questionnaires", "Pain management tips from people like you", and "A Daily Pain Tracker", along with access to a publication "Your Guide to Pain Management". A "Register" button is at the bottom of this section. The "Login" section has input fields for "Username:" and "Password:", a "Remember me" checkbox, a "Forgot Password?" link, and a "Log In" button. The footer contains navigation links: "Home | Contact Us | About Us | Resources | Site Help | Privacy | Advisors | Site Map | Glossary", copyright information "©2016 All Rights Reserved. Inflexion, Inc.", version information "painACTION: 2.5.100.0 - Live", and a "Last Update" of "4/7/2016" next to a "HONORARY CERTIFIED 10/2011" logo.

painACTION helping people

www.painaction.com/#

welcome

painACTION picks up where the office visit leaves off.

painACTION shows you how to:

- ▶ Manage chronic pain, step-by step
- ▶ Learn what works for you
- ▶ Accomplish your goals
- ▶ Get the most out of your medical care
- ▶ Achieve the quality of life you deserve

[Enter the Site](#)

[Take a Tour](#)

Healthcare Professionals [Learn More](#)

Register

Register to take advantage of all that painACTION has to offer:

- ▶ Information that's just right for you
- ▶ Tools for coping with pain
- ▶ Self-Check questionnaires
- ▶ Pain management tips from people like you
- ▶ A Daily Pain Tracker
- ▶ Access to our new publication *Your Guide to Pain Management*

[Register](#)

Login

Username:

Password:

Remember me

[Forgot Password?](#) [Log In](#)

[Home](#) | [Contact Us](#) | [About Us](#) | [Resources](#) | [Site Help](#) | [Privacy](#) | [Advisors](#) | [Site Map](#) | [Glossary](#)

©2016 All Rights Reserved. Inflexion, Inc.
painACTION: 2.5.100.0 - Live

Last Update 4/7/2016


Chronic Pain Management Program

Archived at: <http://www.webcitation.org/6mYIFlkZB>

Goalistics x

← → ↻ <https://pain.goalistics.com> ☆

YouTube f t Home Help Videos Login




WELCOME TO THE GOALISTICS CHRONIC PAIN MANAGEMENT PROGRAM

GO

About Goalistics Chronic Pain Management Program Help


Subscribe



Enjoy life again, despite pain.

- think constructively and hopefully;
- feel calm, comfortable, and in control;
- relate better to people; and
- manage your pain better.

Learn




You have chronic pain. You may have been told that you will have to live with it.

We'll show you how to live well with pain. Work at your own pace in the privacy of your own home.

[Learn more...](#)


Tools



Our tools will help you to build skills, create custom pain management plans, track your progress, and take control of your pain.

[Preview some of our tools...](#)

Does it work?



We use science to guide program development, transforming what works offline into an online format. Our program works.

[View our testimonials video](#)

[View our scientific evidence video](#)

SIGN UP for a FREE Pain Assessment and Report!

Login

First name

Last name

Email

Re-Enter Email

Password

Time zone (GMT-10:00) Hawa

I agree with the [terms and privacy policy](#).

Already a member? [Log in](#)

[Feedback](#)

➤ **About Us**

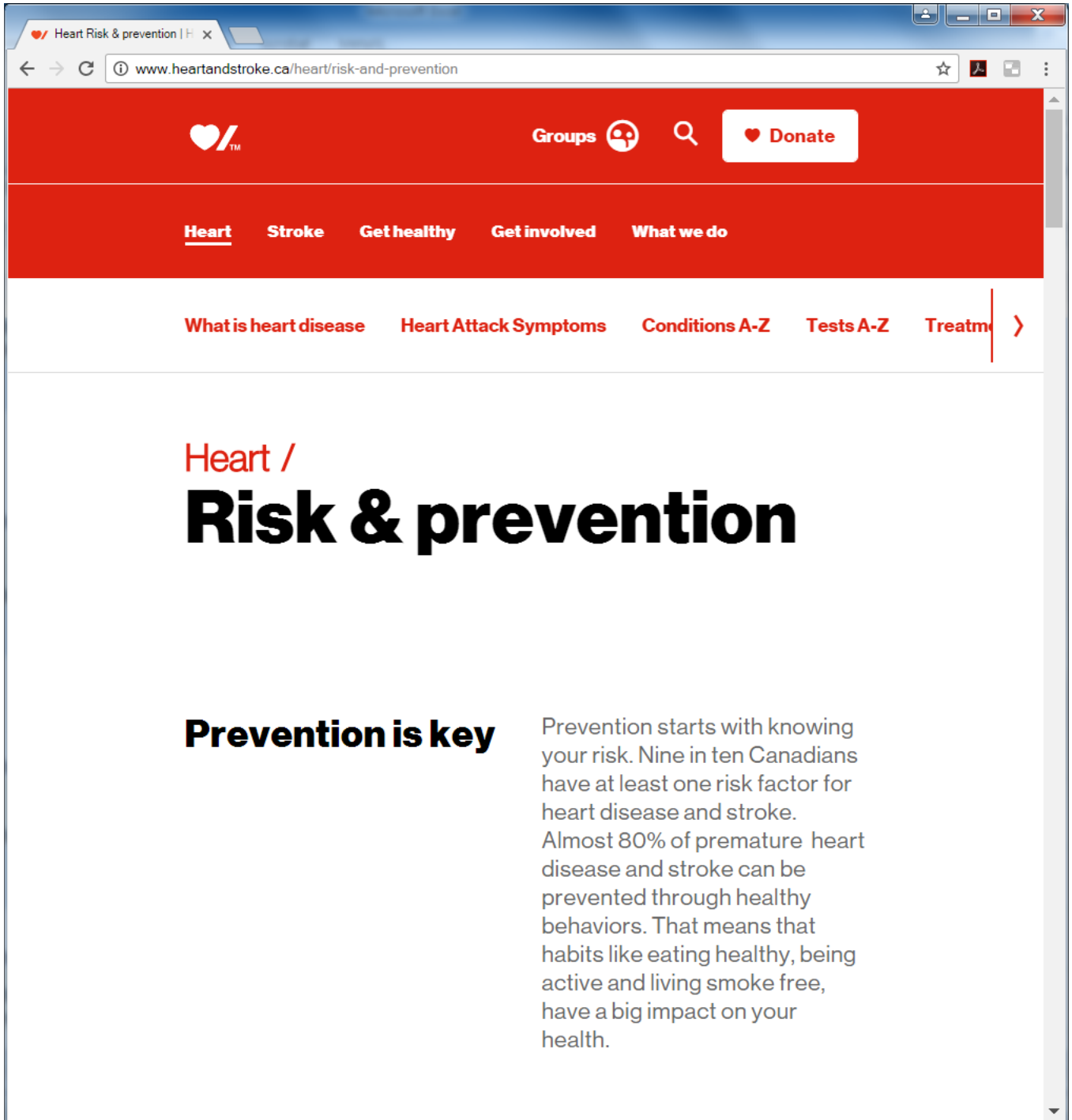
- About Goalistics
- Goalistics News
- The Science Behind Coping with Pain

© Goalistics, 2010-2015

[Privacy Policy](#) | [Terms of Use and Disclaimer](#) | [Help Videos](#) | [Contact Us](#) | [Links](#) | [Crisis Intervention NOW](#)

Blood Pressure Action Plan

Archived at: <http://www.webcitation.org/6mYIM0hLf>



The screenshot shows a web browser window with the URL www.heartandstroke.ca/heart/risk-and-prevention. The page features a red header with the Heart and Stroke logo, navigation links for 'Groups', a search icon, and a 'Donate' button. Below the header is a secondary navigation bar with links for 'Heart', 'Stroke', 'Get healthy', 'Get involved', and 'What we do'. A third navigation bar contains links for 'What is heart disease', 'Heart Attack Symptoms', 'Conditions A-Z', 'Tests A-Z', and 'Treatment'. The main content area has a breadcrumb 'Heart /' followed by the large heading 'Risk & prevention'. Below this, the text reads: 'Prevention is key' followed by a paragraph: 'Prevention starts with knowing your risk. Nine in ten Canadians have at least one risk factor for heart disease and stroke. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviors. That means that habits like eating healthy, being active and living smoke free, have a big impact on your health.'

Triple P Online

Archived at: <http://www.webcitation.org/6mYlQ50sy>

The screenshot shows a web browser window displaying the Triple P Online website. The browser's address bar shows the URL www.triplep-parenting.com/us-en/triple-p/?cidsid=kuntspplnpprignkmfqjhigpsuqis. The website features a blue header with the Triple P logo and navigation links: ABOUT TRIPLE P, GET STARTED, FIND HELP, and BLOG & VIDEOS. A location dropdown menu is set to "Ann Arbor". The main content area has a background image of a young girl with blonde hair and an orange headband. Overlaid on this image is a blue box containing the text: "SMALL CHANGES, BIG IMPROVEMENTS" and "THE PARENTING PROGRAM PROVEN TO WORK". Below this text is a blue button with the text "FIND OUT MORE" and a yellow arrow icon. A navigation bar at the bottom of the main content area has three items: "ABOUT TRIPLE P", "DO TRIPLE P ONLINE", and "FIND A PROVIDER". Below this is a section with a heart icon containing a house, the text "HAPPIER FAMILIES. BETTER RELATIONSHIPS. SUCCESSFUL KIDS. IT ALL STARTS HERE!", and a paragraph: "Triple P is the flexible, practical way to develop skills, strategies and confidence to handle any parenting situation. It's backed by decades of research. And it's already helped more than 4 million children and their parents." To the right of this text is an image of a woman hugging a young boy. At the bottom of the page is a dark blue footer with social media icons for Facebook, Twitter, Google+, and LinkedIn.

Use Positive Parenting | Pr x

www.triplep-parenting.com/us-en/triple-p/?cidsid=kuntspplnpprignkmfqjhigpsuqis

Ann Arbor

Triple P
Positive Parenting Program

ABOUT TRIPLE P | GET STARTED | FIND HELP | BLOG & VIDEOS

SMALL CHANGES, BIG IMPROVEMENTS
THE PARENTING PROGRAM PROVEN TO WORK

FIND OUT MORE

ABOUT TRIPLE P | DO TRIPLE P ONLINE | FIND A PROVIDER

HAPPIER FAMILIES. BETTER RELATIONSHIPS. SUCCESSFUL KIDS. IT ALL STARTS HERE!

Triple P is the flexible, practical way to develop skills, strategies and confidence to handle any parenting situation. It's backed by decades of research. And it's already helped more than 4 million children and their parents.

f | | G+ | in

U Can POOP Too

Archived at: <http://www.webcitation.org/6mYledqmJ>

UCanPoopToo x
www.ucanpooptoo.com

LOGIN

U Can POOP Too™

WHAT IS ENCOPRESIS? ▾

OUR COMPANY

What is Encopresis?


[Home](#) > [What is Encopresis?](#)

Search

About Encopresis

An estimated 2 million children in the United States have encopresis. When children have encopresis, this means that they cannot control their bowel movements and have poop accidents in their underwear. Sometimes people use the words "soiling" or "fecal incontinence" to mean encopresis.

Encopresis is a frustrating and difficult disorder for children and their families, and it can be hard to treat. In almost all cases, encopresis develops as a result of long-standing constipation. Most children suffering from encopresis have a history of constipation or passing very large, painful poops. In some cases, neither the child nor the parents recall the constipation since it was so long ago.



Encopresis is NOT your fault or your child's fault.

In a phone survey with parents of children with encopresis, ALL of the parents said they felt frustrated. When asked what information they would want to share with parents of children recently diagnosed with encopresis, their responses included: