

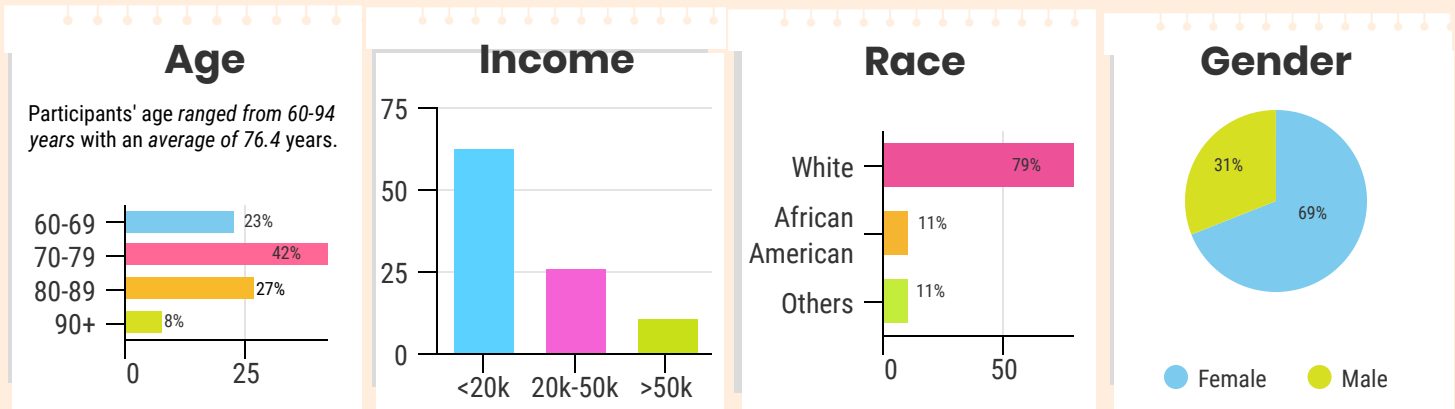


# HAPPY@HOME STUDY REPORT

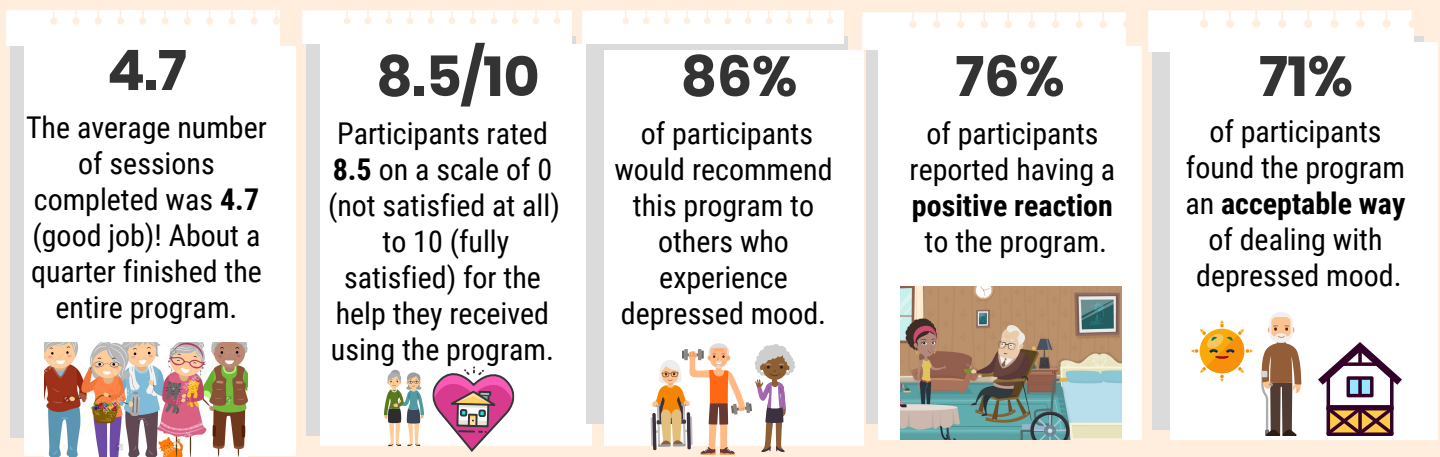


Happy@Home is the first study that tested an internet-based cognitive behavioral therapy program among homebound older adults who are getting paid home care. The study is conducted by researchers from the School of Social Work at the University of Michigan. 30 older adults contributed to this study, including 26 older adults who started the therapy program. In addition, 13 home care workers (aka caregivers) participated in the study.

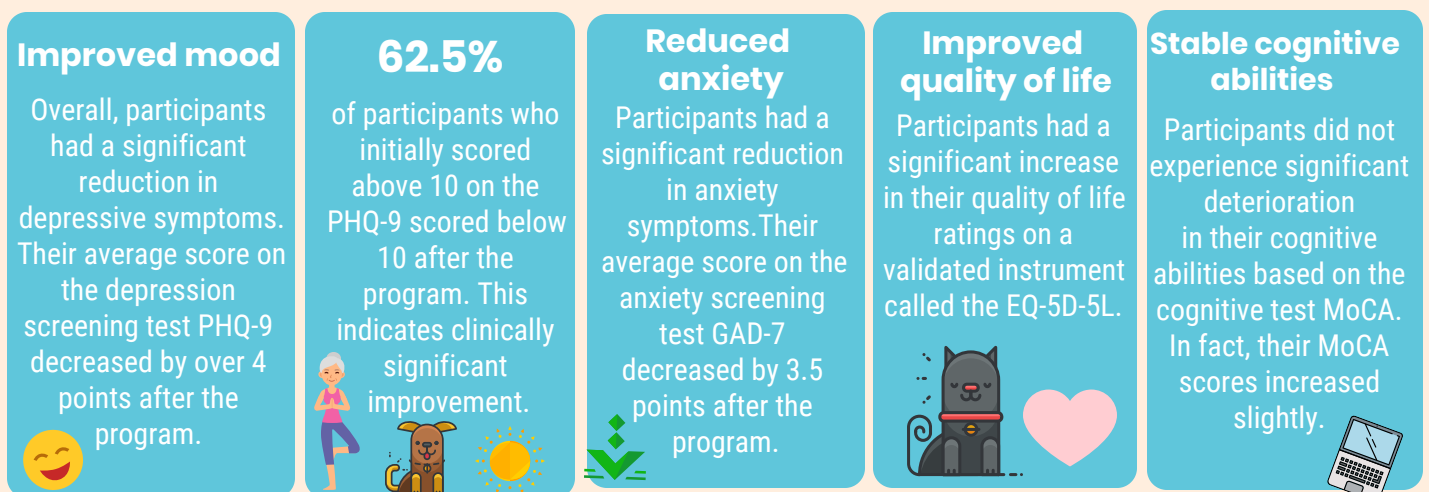
## Participants



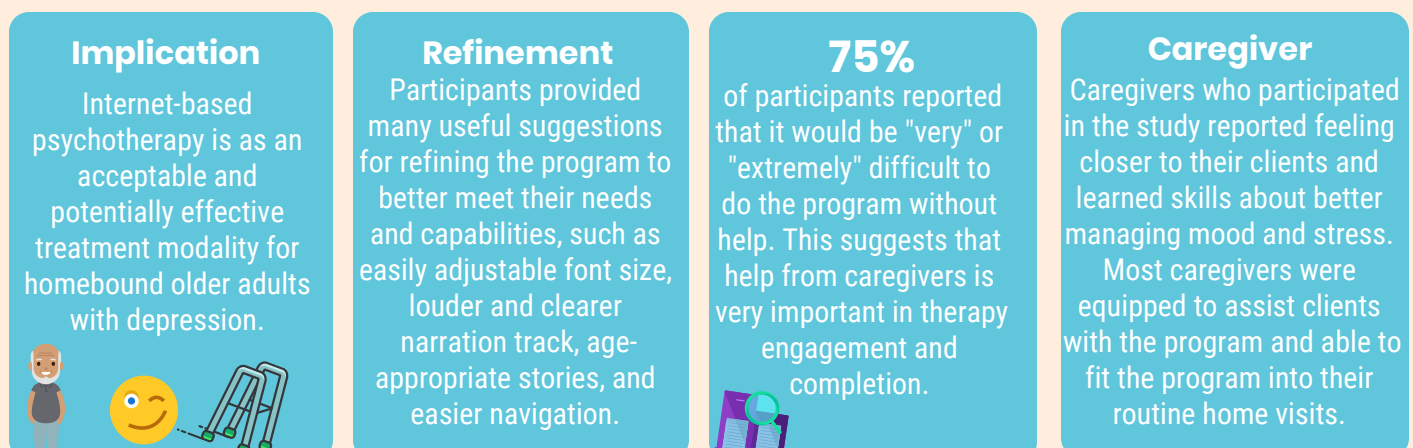
## Program completion and satisfaction



## Improvements in mental health and well-being after the program



## Conclusion and participants' feedback



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