Project Personality components, hypothesized change mechanisms, and proximal & clinical outcomes

**Project Personality Content & Delivery**

**Autonomy Support**
- Empowers users to view their symptoms and traits as inherently malleable, using neuroscience principles (e.g., neuroplasticity)
- Helps users identify and apply existing strengths and resources to take small steps toward a change aligned with their values and goals.

**Competence Support**
- Users identify specific action-steps they can take toward a personally-salient growth mindset goal
- Users generate a ‘coping statement’ to persist despite inner obstacles (e.g., if/when change is challenging or does not occur immediately)

**Relational Support**
- Users read and listen to narratives from peers with depression who have used the program’s concepts to manage stress/overcome obstacles
- Based on what they learn in the program, users write coping advice to peers who are struggling with problems that are similar to their own

**Change Mechanisms**

**Self-Determination Theory**

- Autonomy
- Sense of competence
- Relatedness

**Proximal Outcomes**

**Immediately Post-Intervention**

- Decreased feelings of hopelessness
- Increased growth mindset
- Increased agency, perceived control
- Increased motivation for change

**Clinical Outcomes**

**3+ month follow-ups**

- Reduced symptoms of depression
- Reduced symptoms of anxiety

**Increased motivation**

**Increased growth mindset**

**Increased agency, perceived control**

**Decreased feelings of hopelessness**

**Relatedness**

**Autonomy**

**Sense of competence**