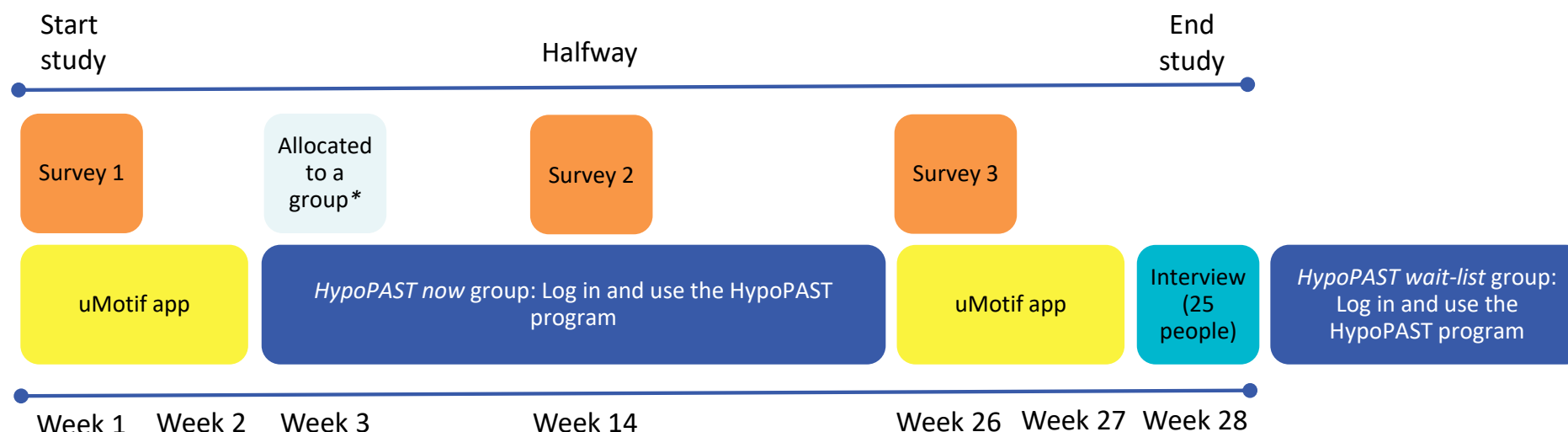


Taking part in the HypoPAST study: What do I need to do?



*People who take part will be put into one of two groups.

- 1: *HypoPAST now* – will access the program straight away.
- 2: *HypoPAST wait-list* – will wait to access the program.

The HypoPAST team will email you to let you know which group you are in.

This is an overview of the steps you will take during the HypoPAST study.
The HypoPAST team will email you at the start of each step with more instructions.

