

DVD Player Instructional Guide

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Introduction

Welcome to our study, a DVD-based program that will help you learn skills to cope with anxiety. You will watch DVD lessons for decreasing anxiety.

Your DVD Kit

Your DVD kit contains the items like those pictured below:

- Headphones
- DVDs
- DVD Charger
- DVD Player



DVD Player at a Glance

Left side: Switch opens lid



Right side:

Play, pause, or
select

Power

Volume

Headphones

Charger

How to play the DVDs

1. OPEN DVD PLAYER



Lift the cover up, while holding the base.



2. LOAD DVD

With the screen facing you:

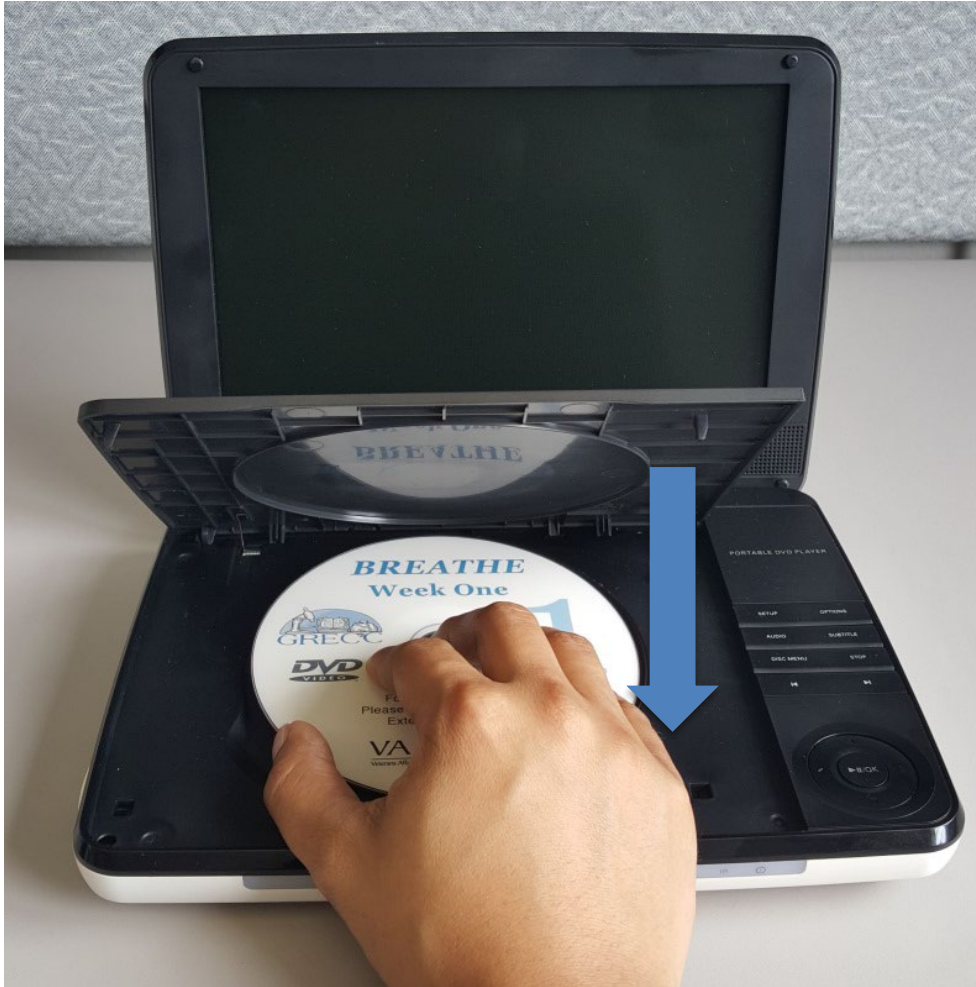


Locate the switch on the left.

Pull the switch towards you to open the lid that covers the DVD reader.



3. LOAD DVD (continued)



Load DVD into the DVD reader.

(It is secured when you hear “click”.)

Press lid down to close.

4. POWER ON



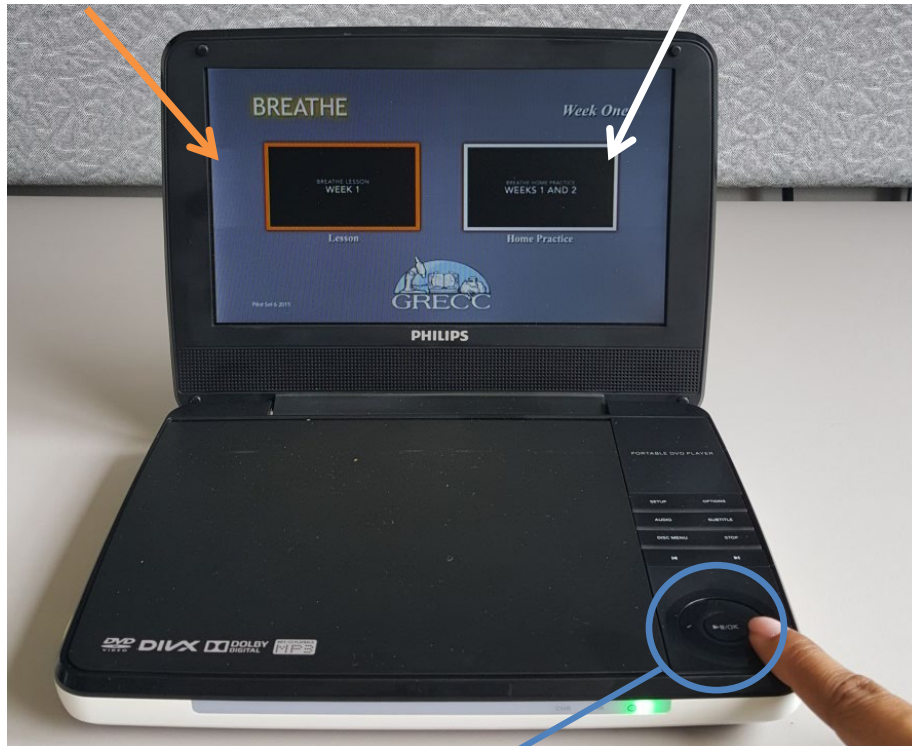
Locate the power switch on the **right**.

Push power switch away from you.

5. PLAY DVD

Orange = Selected

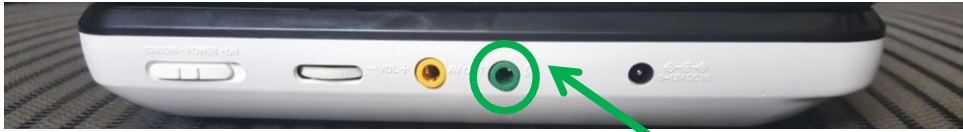
White = Not Selected



Use **arrows** on direction pad to select (in orange) a video to play.

Press “▶||/OK” to play or pause video.

6. HEADPHONES (Right side)



Plug headphones into the green jack.



Pull the round earpieces down. Place them over your ears and adjust the volume.

7. VOLUME (Right side)

Slide toward you to decrease.

Slide away from you to increase.



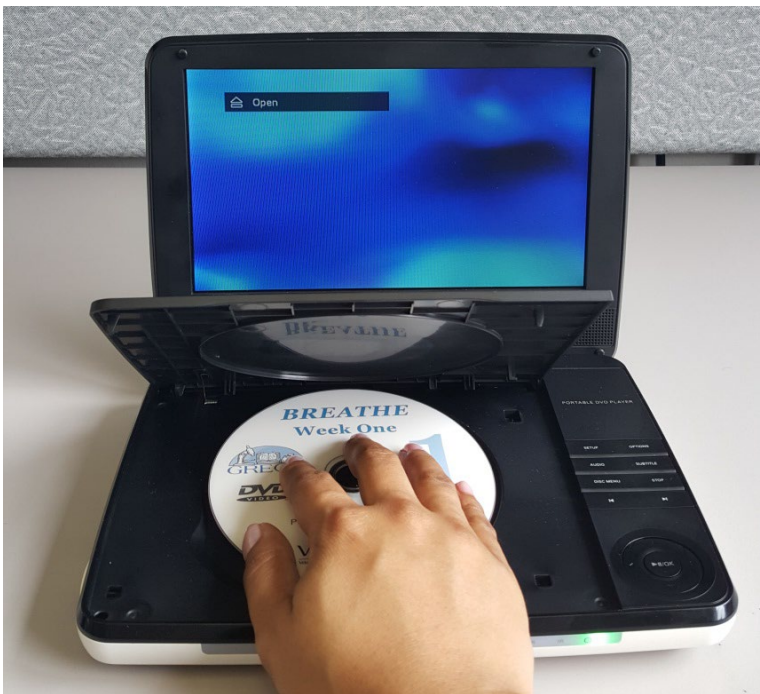
Decrease ↔ Increase

Turning off the DVD player

1. UNLOAD DVD (Left side)



Pull switch toward you.



Remove by gently lifting DVD out.

Press lid down to close.

2. POWER OFF (Right side)



Pull power switch towards you.

3. CHARGE DVD PLAYER (Right side)



Plug charger into the charging jack, then into an outlet on a wall to charge.

NOTES ABOUT CHARGING:

The front of the DVD Player shows battery life.



Red light = Low battery or charging

Green light = Full battery

DVD Player Buttons

Setup *see next page*

Audio *see next page*

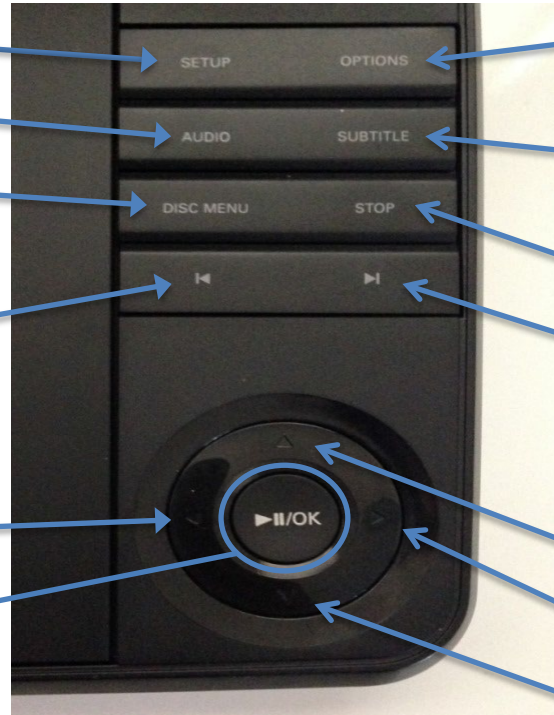
Disc Menu Displays
or exits disc menu*

|◀ Skips back a
title, chapter or track

In the menu,

◀ Navigate left

▶||/OK Plays,
pauses or selects
video



Options *see next
page*

Subtitle *see next
page*

Stop stops the DVD

▶| Skips to the next
title, chapter or track

In the menu,

▲ Navigate up

▶ Navigate right

▼ Navigate down

Advanced Use of DVD Player

Setup

Goes to the DVD Player setup menu. This includes

General, **Video**, and **Audio** options. Options for contrast, brightness, and language can be found here.

Options

With the study DVDs: Go to **Setup** (see above).

Note: Some DVDs may have more options unique to the DVD.

Audio

Goes to a list of languages that the disc was recorded in (if the DVD was recorded in languages other than English).

Subtitle

Goes to a list of offered language subtitles.