



BEHAVIORAL TECH RESEARCH

Depression Treatment Study Information Sheet

(CAU - Client Version)

What is the purpose of this study?

The main purpose of this study is to evaluate the acceptability and effectiveness of two methods of providing treatment to adults with depression. In one method, therapists will provide treatment using their usual approach to care. In the second method, therapists will provide a specific treatment (called Behavioral Activation treatment) with the help of a computer-assisted therapy program.

What method of treatment will I receive?

Your clinician was randomly (by chance) assigned to provide their usual approach to treatment for depression (called 'Care as Usual'). This means that if you choose to participate in the study, you will receive Care as Usual treatment for depression.

What is 'Care As Usual'?

Care as Usual is a general way of describing the approach your therapist typically uses to treat depression. In other words, your therapist will provide the treatment they think will be most helpful to you in treating your depression. If you have already started treatment with your therapist, this may mean that you continue with the treatment approach you have already been receiving. We encourage you to talk with your therapist if you have any questions about their usual approach to treating depression so that you can better understand what to expect in your treatment.

What does participating in this study involve?

If you agree to participate in this study, you will receive 10 weekly sessions of treatment. At three points during treatment, your therapist will give you a link to an online survey that you can complete at a time and location that is convenient for you. These surveys will each take about 30 – 60 minutes to complete and will include questions about your depression symptoms, treatment experiences, and beliefs about treatment. Surveys will take place at pre-treatment (before you can start treatment), mid-treatment (during the 5th week of treatment), and post-treatment (after the 10th week of treatment).

How will my confidentiality be protected?

All study-related data will be collected via three online surveys at pre-, mid-, and post-treatment. These surveys will be **anonymous**. You will not be asked to provide any identifying information about yourself, such as your name or contact information. Instead, you will use a study identification number assigned to your therapist when completing the online surveys. To further protect your confidentiality, **you will not have any direct contact with research staff**. Instead, your therapist will give you all the information you need to complete the study (such as instructions for accessing the online surveys).



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Will I receive compensation for agreeing to participate in this study?

Yes. You will have the opportunity to earn up to \$225 for participation in this study: \$75 for completing the pre-treatment survey, \$50 for the mid-treatment survey, and \$100 for the post-treatment survey. The amount you earn during the study will be loaded onto a prepaid Visa gift card. After you complete the study, we will mail the Visa card to your therapist to give to you.

Is the depression treatment study for you?

It is important to understand what you can expect if you decide to take part in this research study. If you choose to participate, you will receive your therapist's usual approach to treating depression. It is up to you and your therapist to decide if this treatment approach is right for you. Your participation is completely voluntary. You do not have to participate, even if you are eligible. If you decide to be in this study, you can change your mind and leave the study at any time.

Who can I contact if I have questions about this study?

The study is being conducted by Behavioral Tech Research, Inc. If you have questions about the study that your therapist is unable to answer, or if you prefer to speak with research staff directly, you can contact the Behavioral Tech Research offices via phone (206-957-1044) or email (info@btechresearch.com).