

**Seeking Individuals With Depression Between 18-45
for a Research Study of the Effects of
Internet-Based Cognitive Behavioral Therapy**

We are conducting a research study at McLean Hospital in which we are interested in the effectiveness of an internet-based cognitive behavioral therapy treatment on improving depressive symptoms, coping and resilience skills, and brain function in people with depression.

The entire study takes place over 11 weeks and will require 3 visits to McLean Hospital. The first visit will last about 1.5 hours and will consist of a psychiatric interview. The second visit will last about 4 – 4.5 hours, and will involve completing several questionnaires and computer tasks. You will also complete several cognitive and emotional perception tasks while “pictures” of your brain are taken using functional Magnetic Resonance Imaging (MRI). Over the next 10 weeks, you will be asked to log in regularly to an interactive online treatment program. The program involves completing online lessons, homework, questionnaires, and evaluations. The third study visit will last about 4 – 4.5 hours and will involve very similar procedures to the second visit, as you will be completing questionnaires and computer tasks, and another MRI brain scan.

Only individuals without pacemakers, aneurysm clips, or other metallic objects in the head and upper body are eligible for MRI. Participants must be free from neurological problems, must be fluent in English, and must be able to read above a 9th grade level. Participants must not be taking any medications for depression or currently undergoing cognitive behavioral therapy.

Participants will be paid up to \$500 for their time.

If you are right-handed, between the ages of 18-45, are currently depressed, and are interested in this study, please call Lily at 617-855-2281 or email affectlab@mclean.harvard.edu.