

Wellness Monitoring for Major Depressive Disorder

PURPOSE OF THIS STUDY:

To assess why some people who received or are receiving treatment or a combination of treatments (medication and non-medication) experience a return of depression symptoms while other people do not.

WHO CAN PARTICIPATE?

- Are between 18-65 years of age;
- Have been diagnosed with depression and are currently feeling better;
- Have taken an antidepressant medication and/or had other treatments for depression;
- Are willing and able to use a smartphone and wear a wrist-worn device to track activity and sleep;
- Are willing to undergo blood/lab tests.

WHAT IS INVOLVED?

In-person visits will be at screening, baseline, and every 8 weeks for one year. Participants will receive a smartphone to complete questionnaires at home as well as a wrist-worn device to wear every day. This observational study has no study-related treatments or interventions.

CONTACT INFORMATION:

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generations.**



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PRINCIPAL INVESTIGATOR

Dr. Raymond Lam
Professor and BC Leading Chair in Depression
Research
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Mowafaghian Centre for Brain Health
VCH Research Institute Affiliated Investigator

STUDY TIME / DURATION

December 2016 to December 2018

STUDY LOCATION

Mood Disorders Centre, Djavad Mowafaghian Centre for Brain Health

To learn more about this study, visit vchri.ca/participate