

Looking for volunteers who experience depression to take part in a study



We are looking for volunteers experiencing depressive thoughts and low mood to join our study.

This study tests new approaches aimed at reducing depressive thinking.

Contact the CURED Research Team

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We are looking for people who:

- Are experiencing depressive thoughts and mood.
- Are age 18 years or over.
- Have not received psychotherapy in last 2 months.
- Have not changed medication for mental health (if taking any) in last 2 months.

What happens if I participate?

- You will complete 6 weekly sessions, each taking approximately 45 minutes. The sessions will be paper-based and posted to your preferred address, so you will complete them in your own time. At the end of each session, you will fill out a brief questionnaire online, taking around 15 minutes.
- Additionally, there will be 3 main assessments: before the training sessions, after the last training session, and 6 weeks after you complete the sessions, each taking around an hour.



Will I be compensated for my time?

You will be paid £60 when you have completed the study procedures and another £20 after the last assessment.