Are you about to start cognitive behavioural therapy (CBT)?

You may be eligible to participate in an observational study examining your emotions over the course of treatment.

Managing Emotions during Treatment Study (METS)

What’s involved?
• Complete one interview with the study coordinator (1 hour).
• Complete weekly surveys delivered to your smartphone while taking part in CBT.
• All procedures completed remotely.

What’s in it for me?
• Compensation for time.
• Learn more about your emotions.
• Request a summary of responses showing your changes during treatment.

Is this the right study for me?
You are:
• Between 18 and 65 years of age.
• Experiencing some depressive symptoms.
• Have access to a smartphone.
• About to start or currently starting CBT.

For more info, contact Alex:
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