Internet-Based Therapy for Depression or Anxiety

Our research team is evaluating the benefits of internet-based Cognitive Behavioural Therapy (iCBT) for depression and anxiety symptoms in young adults

The 8-week program can be completed at your own pace, via computer, tablet or smartphone.

FROM ANY WHERE, AT ANY TIME!

Participants will be randomized (like flipping a coin) to 1 of 2 groups: You will have 50% chance of receiving iCBT immediately, and 50% chance of being in a wait-list control group.

Those in the control group will get access to the program after 8 weeks.



You may be eligible to participate if you:

- Are between the ages of 18-29 years
- Have experienced depression/anxiety symptoms for at least 2 weeks
- If on medication, have had no dose changes for at least 4 weeks

Participants will have regular contact with the study team throughout the program.

For more information, please call

416-260-4209

to leave a confidential voice message.



For more information on programs and services at CAMH, please visit www.camh.ca or call at 416-535-8501 (1-800-463-6273).

Protocol No.: 057-2012-01 (Ad version: July 2014)



| iCBT Study |
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