

RESEARCH OPPORTUNITY

NAMI is committed to ensuring that the most effective treatments for mental illness are available to those who need them. Determining which treatments are most effective requires research. When NAMI is approached to be involved in research of any type, at any level, we take it very seriously. NAMI's Chief Medical Officer Dr. Ken Duckworth and Chief Program Officer Dr. Teri Brister thoroughly review the research protocols and methodology and the documentation that the study has been approved by an Institutional Review Board (IRB) to assure the safety of those involved.

NAMI does not accept financial compensation for recruiting clinical trial participants. NAMI also does not endorse any products or treatments. We share these research opportunity notices with you, our field leaders, to distribute at your discretion if you believe that members of your community may be interested in participating in these trials.

If you have questions about research at NAMI, please visit [NAMI.org/research](https://www.nami.org/research) or email us at research@nami.org.

WHAT IS THE STUDY?

This study is a fully remote clinical trial evaluating the impact of a well-being mobile application (app) known as the Healthy Minds Program for people experiencing depression. The Healthy Minds Program app is currently free and available to the public.

Participants will be randomly assigned to one of three groups: one version of the Healthy Minds Program app, an alternate version of the Healthy Minds Program app, or treatment as usual without use of the app. Total participation time is just over 4 weeks, including a 4-week intervention period and a 3-month follow-up. Participants assigned to either app group will use the app once daily during the intervention period. All participants will complete surveys and computerized tasks up to 6 times throughout the duration of the study. Participants will also provide blood and stool samples once at the start of the study and once at follow-up. Participants will receive \$265 upon completion of all study activities.

WHO CAN PARTICIPATE?

The study is seeking 1,500 participants. Individuals may be eligible for this study if they:

- Are 18 – 65 years old and currently feeling depressed or down/have experienced depression in the past
- Have access to a smartphone and the Internet
- Have no significant experience with meditation

Please note that these criteria are not complete. Certain other factors may disqualify an individual from participation. For a full list of inclusion and exclusion criteria, please visit the trial website:

<https://centerhealthyminds.org/science/participate/behavior-biology-and-well-being-study>

WHERE IS THE STUDY TAKING PLACE?

All study activities will occur remotely.

HOW DO I LEARN MORE?

The flyer attached has additional information about the study. If you have questions or would like more information, please contact Dr. Simon Goldberg (608-265-8986; sbgoldberg@wisc.edu) or visit the trial website:

<https://centerhealthyminds.org/science/participate/behavior-biology-and-well-being-study>