

## RESEARCH OPPORTUNITY

NAMI is committed to improving the lives of people impacted by mental health conditions through effective treatments, equitable public policies, and greater knowledge and understanding in society. Research is essential to advance each of these goals. 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 research 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 studies.

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

## WHAT IS THE STUDY?

This study is a remote clinical trial to evaluate the efficacy of a cognitive behavioral therapy (CBT) digital therapeutic in reducing symptoms of depression for Service Members and Veterans with a history of mild traumatic brain injury. Participants will be randomized to receive either the structured CBT-based mobile app or a comparison app that includes unstructured educational material about depression and brain injury. Total participation time is 30 minutes – 1 hour per week for 16 weeks. Participants will receive compensation for completing study requirements. The goal of this study is to increase effective, accessible treatment options for current and former Service Members and civilians with mental health needs.

## WHO CAN PARTICIPATE?

Participants who may be eligible for this study:

- Aged 18-70
- Able to provide informed consent
- Diagnosed with mild traumatic brain injury
- Currently experiencing mild to severe depressive symptoms
- Have reliable access to a smartphone with a data plan or Internet connection

There will be 100 people participating in this study.

## WHERE IS THE STUDY TAKING PLACE?

This study takes place remotely. Participants may be located anywhere in the United States.

## HOW DO I LEARN MORE?

The documents attached have additional information about the study. If you have questions or would like more information, please refer to the trial website (<https://clinicaltrials.gov/ct2/show/NCT05147506>) or contact the researchers at 301-461-4322 or [CNRM-D@usuhs.edu](mailto:CNRM-D@usuhs.edu).