

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.

WHAT IS THE STUDY?

This study is a clinical trial for individuals with depression to test the efficacy of Cognitive Behavioral Immersion (CBI) as a potential option for mental health support. CBI is a cognitive behavioral skills training program delivered by trained peer coaches in a virtual group setting. After an initial prescreening, participants will be randomly assigned to one of three groups: 1) CBI using a virtual reality (VR) headset, 2) CBI using a phone or computer, or 3) a control group. Participants in both CBI groups will attend 8 weekly 60-minute group CBI sessions, using either a provided VR headset or their smartphone or computer depending on their group assignment. Participants in the control group will be asked not to attend any intervention groups for 8 weeks, but may receive other mental health treatment. After 8 weeks, control group participants will have the option to participate in a CBI group outside of the current study. All participants will complete weekly surveys during the first 8 weeks, 1 post-group survey, and 6 monthly follow-up surveys, which will include questions about symptoms, quality of life, and social support. All participants, regardless of group assignment, will receive a free Meta Quest virtual reality headset and compensation up to \$150.

WHO CAN PARTICIPATE?

Participants may be eligible for this study if they:

- Are at least 18 years of age, fluent in English, and experiencing symptoms of depression
- Have access to a smartphone or computer with stable internet connection

The researchers are seeking 306 people for this study.

WHERE IS THE STUDY TAKING PLACE?

This study is taking place remotely across the U.S. Interested participants can take a prescreening at <https://www.depressiontreatmentlab.com/cbi-1>

HOW DO I LEARN MORE?

The study poster has additional information about the study. If you have questions or would like more information, please visit <https://www.depressiontreatmentlab.com/cbi-1> or contact the Lony D. Ezawa, Ph.D. at ezawa@usc.edu.