



Struggling with anxiety or depression?

IRB protocol #: 2021-238
Date approved: 5/6/2021

Interested in trying a FREE, ONLINE intervention?

We are looking for adults 18 years and older who experience anxiety and/or depression to examine two online adaptations of a brief version of a treatment called the Unified Protocol. The Unified Protocol is an evidence-based treatment for anxiety, depression, and other emotional problems.

What will you do in this study?

1. Complete a questionnaire.
2. Be randomly assigned to either: a **video** intervention, a **text-based** intervention, or an **assessment-only** group.
 - The intervention takes about 2 hours depending on how often you pause the video or how quickly you read.
3. Participants in all groups will be asked to complete surveys at four follow-up periods after you first sign up.
 - These will happen around 1, 3, and 6 weeks, with a final one in 6 months (~10 - 20 minutes each)

Participants will receive:

- **All participants** in every group will get access to BOTH interventions until December of 2022.
 - After the **6-WEEK follow-up**, those in the **assessment-only** group will gain access to both the video and text interventions.
 - After the **6-MONTH follow-up**, those in the **intervention groups** will have access to whichever intervention they did not already have.

What is required for you to be able to participate? You must...

- Be 18 years or older
- Have internet access
- Be fluent in English
- Live in the United States

How do I sign up?

Go to the link below:

https://cmich.co1.qualtrics.com/jfe/form/SV_cLUdgyZbtKUWx8

OR

Scan the QR code below!



Questions or concerns about the study?

Email the primary researcher, Melanie Midkiff, M.S.

- **Email:** midki1mf@cmich.edu

Disclaimer: If you are currently experiencing severe depression, especially if you are feeling hopeless or having thoughts of suicide, I encourage you to seek treatment with a provider you can interact with.