

PARTICIPANTS NEEDED FOR A REMOTE* RESEARCH TRIAL OF A NEW DIGITAL THERAPEUTIC MOBILE APP

**No in-person visits*

Purpose:

To evaluate the usefulness of a new cognitive-behavioral therapy (CBT) digital therapeutic (DTx) intervention.



Designed *specifically* for **Service Members and Veterans** who have a history of head injuries and who are currently experiencing symptoms of depression.



CBT is an effective treatment for depression. A DTx mobile app could increase availability.

A possible benefit is reduced depressive symptoms, but there is no guarantee you will benefit from this study.



Time Commitment:

30 min - 1 hr per week for 16 weeks

No financial compensation is being offered as part of this study



Principal Investigator

David Brody, MD, PhD

(USUHS) IRB 1
IRB NUMBER: CNRM-92-10531
IRB APPROVAL DATE: 07/20/2022
IRB EXPIRATION DATE: 06/22/2023

CNRM



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Services
University

Photo by Staff Sgt.
Eric Harris, US Air
Force

Protocol Title:

A Single-Blind, Randomized, Controlled Trial of a CBT-DTx to Combat Symptoms of Depression in Service Members & Veterans with a History of mTBI



Contact the Study Team

Call or Text: 301-461-4322

CNRM-D@usuhs.edu

www.cnrmstudies.org

