## WHO ARE THE RESEARCHERS?

The Appalachian Mind Health Initiative is led by a team of independent researchers from around the world. The Principal Investigators of this effort are:

- Robert Bossarte, PhD:
  West Virginia University
- Ronald Kessler, PhD:
  Harvard Medical School

The site lead of this effort is:

- William Lewis, MD:
  West Virginia University Medicine

The Principle Investigators are supported by an Advisory Committee, which includes experts from around the world.

The Appalachian Mind Health Initiative is funded by the Patient Centered Outcomes Research Institute.

https://www.pcori.org/

## FOR MORE INFORMATION

Please visit our study website at:
www.amhi-home.org

## CONTACT US

To ask questions or for more information, you can reach study team members by email or telephone:

AMHI@hsc.wvu.edu
1-866-984-AMHI (2644)

## RESOURCES

If you or someone you know is in crisis, contact your doctor immediately. Additional help is available through the following:

### HOTLINES

- **National Suicide Prevention Lifeline**
  24-Hour Line:
  1-800-273-TALK (1-800-273-8255)

  24-Hour Lifeline Chat:
  suicidepreventionlifeline.org/chat/

- **Substance Abuse and Mental Health Services Administration's 24-Hour Referral Helpline**
  1-800-622-HELP (1-800-662-4357)

### ONLINE RESOURCES

- **Mental Health Services Locator**
  samhsa.gov/find-help
- **National Suicide Prevention Lifeline**
  (Live chat available)
  suicidepreventionlifeline.org

West Virginia University

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# JOIN OUR STUDY

## WHAT IS THE APPALACHIAN MIND HEALTH INITIATIVE?

The Appalachian Mind Health Initiative (AMHI) is a study to see if electronic Cognitive Behavioral Therapy (eCBT), a type of online talk therapy, is a good treatment option for people living with depression in rural communities.

## WHY DOES IT MATTER?

This treatment option could be useful in rural communities because there are usually not enough mental health providers to help patients in these areas.

## HOW DOES THE STUDY WORK?

Study participants will be randomly assigned to one of three groups:

- Group 1 is called 'treatment as usual.' Participants will only use the treatment plan from their providers.
- Group 2 is called 'unguided eCBT.' Participants will use the treatment plan from their providers and have access to eCBT treatment.
- Group 3 is called 'guided eCBT.' Participants will use the treatment plan from their providers and have access to eCBT treatment with a coach to help them through the program.

## WHAT WILL I BE ASKED TO DO?

All participants will be asked to complete the following online tasks:

- Baseline study activities (survey and an activity) which will take about 2 hours to complete
- Seven online follow-up surveys (over 12 months) which take about 15-20 minutes each
- Final exit survey which will take about 1 hour to complete

These activities can be completed over the phone instead of online.

The study team will also need permission to link participant electronic medical records (EMR) with their survey answers. After linking participant EMRs with survey results, all identifying information will be removed.

## WILL PARTICIPANTS BE COMPENSATED ?

All participants have the chance to receive up to $290 for finishing study tasks.

Gift cards will be sent to participants in the following amounts after completing the tasks:

- Baseline survey ($50)
- Baseline activity ($50)
- Seven follow-up surveys ($20 each)
- Final survey ($50)

## WHO CAN PARTICIPATE?

Patients diagnosed with depression who are getting treatment from a provider.

On behalf of your provider, a study team member may contact you to talk about participation and decide eligibility.

## WHY SHOULD I PARTICIPATE?

- You can help find more options for people in treatment for depression.
- You may have access to eCBT.
- **You can make a difference in your community.** The information from this study can be used to make eCBT more accessible to rural patients.

## HOW WILL MY INFORMATION BE PROTECTED?

We take protection of participant information very seriously.

- All data will be de-identified. This means that any information that could be used to identify you will be removed.
- We will combine your de-identified data with information from thousands of other participants.
- You will never be personally identified in any presentation, publication, or other report.