

Tracking Depression

using an Activity Watch & Mobile Mood Diary

Researchers at CAMH are interested in investigating **physical activity, sleep patterns, mood and behaviour** within patients with depression.

This study does not include any specific intervention for treating depression.

YOU MAY BE ELIGIBLE IF YOU:

- Are between the ages of 12 and 21 years old
- Have been diagnosed with depression (MDD) by a doctor

Compensation
is provided at
each visit

What is involved?

- Quarterly visits (every 3-4 months) up to 2 years. Your 1st visit is 3 hrs, the rest are about 1 hr
- Tracking your mood and health using an activity watch to record your movement and sleep patterns (2 weeks) and a Mobile Mood Diary 5x daily (1 week)
- We will install an activity tracker app on your smartphone

TO LEARN MORE:

CALL 416-535-8501 x 30952

EMAIL dewstudy@camh.ca

Or read about our
study on the CAMH
Discovery blog

