

Research Participation Opportunity: Cognitive Behavioral Treatment of Depression and Anxiety

Have you been feeling down, blue, depressed, anxious, worried, or not enjoying things as much as usual for a period of two months or more? A study being conducted within the Department of Psychology at Texas Tech University is investigating an individualized approach to cognitive-behavioral assessment and treatment for individuals who are both depressed and anxious. Individuals who participate in this study will receive 15 treatment sessions that are generally 1 hour long and occur weekly. To participate you must be over the age of 18 and read and speak English fluently. You also must be willing to complete a set of measures each month before and during treatment and be willing to complete a brief questionnaire several times a day (4 to 5 minutes) for a period of about 3 weeks before, during, and near the end of treatment. Treatment is free of charge for individuals who validly complete the measures

If you are interested, please contact Cortney at 742-3711 ext 245 M-F between the hours of 9am and 5pm for more information.

This study has been approved by the Texas Tech University Committee for the Protection of Human Subjects (IRB)

IRB# 500032