INFORMATION SHEET
Treating Depression with Behavioural Activation

You are invited to participate in a research project investigating the impact of a single-session treatment intervention on symptoms of depression.

What is the study about?
Research suggests that engaging in both pleasurable and important activities is an effective technique for reducing symptoms of depression. This approach is known as Behavioural Activation Treatment for Depression (BATD). The current study aims to investigate this further, by assessing the effects of a single session Behavioural Activation treatment for individuals who are experiencing symptoms of depression.

Who can participate?
We are asking for individuals who have been experiencing symptoms of depression such as low mood/sadness, and/or loss of pleasure/interest for at least two weeks, to participate. Suitability for the study will be discussed with the co-investigator.

What will the study involve?
The study involves several components: an initial interview, a treatment session, and two brief follow-up appointments. A couple of simple and brief questionnaires will also be completed on a weekly basis until the first follow-up appointment.

Initial Meeting
Participation will first involve an initial meeting with a therapist, in which you will be provided with further information about the study and asked a series of questions about any psychological symptoms you may be experiencing. At this meeting you will also be asked to complete a number of questionnaires, which include questions about your mood, level of stress and daily life activities. Participants meeting the study’s criteria will then schedule an appointment to receive the Behavioural Activation treatment two weeks from the initial interview date. Participants who indicate that they are experiencing severe levels of psychological symptoms may be referred to a more appropriate service.

Behavioural Activation Treatment
The Behavioural Activation treatment will be delivered in a single 90-minute individual session with a therapist. The program will involve identifying life values and goals, and working collaboratively with the therapist to discuss steps towards achieving these goals. This will involve scheduling activities, and problem solving potential obstacles to participating in these activities. The session

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will be video recorded to ensure researchers are implementing the program to a high and consistent standard. Following this, you will be asked to use the strategies discussed in the session in your daily life.

Follow up Meetings
In order to assess the benefits of the program and your progress, participation will also involve a number of follow-up meetings. These will be shorter meetings, lasting approximately 30 minutes, in which you will be asked to complete the same questionnaires from the initial meeting and discuss your experience of the program. The first will be scheduled for approximately three weeks after you receive the treatment. The second follow-up will take place approximately three months after your treatment session. This is to monitor the effectiveness of the program over time. In most cases, follow-up appointments can be conducted via telephone if it is inconvenient to attend the clinic.

Confidentiality
All information will be treated in the strictest of confidence. Documents, questionnaires and video recordings will be coded with an ID number and kept by the Principal Investigator in a locked room. Data will be stored for 7 years following the study, after which it will be destroyed.

The results of the study may be published in scholarly journals. Your name, or any other identifying information, will not be mentioned in any written reports of this study. You are free to withdraw at any time, without prejudice, and need give no reason or justification for your decision.

How do I sign up for the study?
If you would like to take part in this study or would like more information, please contact:

Natalie Burge (co-investigator) at natalie.burge@postgrad.curtin.edu.au

This study has been approved by the Curtin University Human Research Ethics Committee (Approval Number HR 149/2014). The Committee is comprised of members of the public, academics, lawyers, doctors and pastoral carers. If needed, verification of approval can be obtained either by writing to the Curtin University Human Research Ethics Committee, c/- Office of Research and Development, Curtin University, GPO Box U1987, Perth, 6845 or by telephoning 9266 2784 or by emailing hrec@curtin.edu.au
CONSENT FORM

Treating Depression with Behavioural Activation

I __________________________ (the participant) have read the Information Sheet and any questions I have asked have been answered to my satisfaction. I agree to participate in this activity, realising that I may withdraw at any time without reason and without prejudice.

I understand that all information provided is treated as strictly confidential and will not be released by the investigator unless required to do so by law. I have been advised as to what data is being collected, what the purpose is, and what will be done with the data upon completion of the research. I understand and agree for all the sessions to be videotaped for treatment integrity, and am aware that all data will be kept securely for 7 years upon project completion and it will be securely disposed thereafter.

I agree that research data gathered for the study may be published provided my name or other identifying information is not used. My consent is limited to the current study only and my participation data may not be used for other purposes.

_________________________  __________________________
Participant                     Date

Chief Investigator              Co-Investigator
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