Volunteers Needed for a Study on
Mindfulness-Based Cognitive Therapy

Have you been stressed and struggling to cope recently?
Are you feeling sad and overwhelmed?

Let us help you!

We are seeking college students to participate in a study assessing the long-term effects of an entirely-online Mindfulness-Based Cognitive Therapy: Be Mindful.

You May Qualify if You:
- Are a college student
- Have been experiencing some symptoms of depressed mood
- Have experienced severe depressed mood in the past

Potential Benefits:
Be Mindful has been shown to reduce symptoms of
- Stress
- Depression
- Anxiety

Participation Includes:
- Engagement in a 4-week Online Mindfulness Course
  - Begin Mindfulness Training at the start of the study OR after completion of 3-month follow-up
- 1 month of 15-minute weekly surveys
- A 30-minute 3-month follow-up

For more information, please contact Dr. John Roberts’ Depression Research and Treatment Program at

DRTLab.UB@gmail.com

About the
Study of Online Mindfulness Training for Previously Depressed Individuals