

# PARTICIPANTS NEEDED FOR A REMOTE\* RESEARCH TRIAL OF A NEW DIGITAL THERAPEUTIC MOBILE APP

*\*No in-person visits*

## Purpose:

To evaluate the usefulness of a new cognitive-behavioral therapy (CBT) digital therapeutic (DTx) intervention.



Designed *specifically* for **Service Members and Veterans** who have a history of head injuries and who are currently experiencing symptoms of depression.



CBT is an effective treatment for depression. A DTx mobile app could increase availability.

A possible benefit is reduced depressive symptoms, but there is no guarantee you will benefit from this study.



## Time Commitment:

30 min - 1 hr per week for 16 weeks

*No financial compensation is being offered as part of this study*



## Principal Investigator

David Brody, MD, PhD

(USUHS) IRB 1  
IRB NUMBER: CNRM-92-10531  
IRB APPROVAL DATE: 06/22/2023  
IRB EXPIRATION DATE: 06/22/2024

# CNRM



Uniformed  
Services  
University



Photo by Lance  
Cpl. Grace Kindred

## Protocol Title:

A Single-Blind, Randomized, Controlled Trial of a CBT-DTx to Combat Symptoms of Depression in Service Members & Veterans with a History of mTBI



## Contact the Study Team

Call or Text: 301-461-4322

[CNRM-D@usuhs.edu](mailto:CNRM-D@usuhs.edu)

[www.cnrmstudies.org](http://www.cnrmstudies.org)

