

# Get paid to try a new way of coping with depression (Butler Hospital)

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Location **Rhode Island**  
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QR Code Link to This Post Researchers at Butler Hospital and Brown University are looking for new ways that people with depression can help themselves.

They are now studying whether two different video-assisted programs can help people with their depression.

How does the research process work?

>>>>Psychologists from Butler Hospital and Brown University are testing two different self-help video-assisted programs. Both programs are designed to help improve wellness in depression. Along with the videos, each program provides written materials and a book that may help you apply the techniques from the videos to your own life. We are now looking for people currently struggling with depression or sadness to participate in a study evaluating these video programs.

Who is eligible? The study is open to 18 to 65 year old individuals who have feelings of depression or sadness.

You must also:

>>>>Have a primary care physician.

>>>>Currently not participating in psychotherapy/counseling or seeing a psychiatrist.

How long will the research last?

>>>>Your study participation will last 12 weeks.

What will you do during the research study?

>>>>We will first ask you to attend one in-person meeting in our research offices at Butler Hospital in Providence, RI. At this meeting, the researcher and you will determine the study that you will match. You will be randomly assigned to one of two video programs.

>>>>We will give you a workbook with your first session videos at that time. You will receive either a link to a video program or a DVD.

>>>>For the next three weeks, you will receive a DVD or link to an online version of the video program for the week.

>>>>At the end of 12 weeks you will have completed the video program. We will ask you to complete some questionnaires and interviews at that time. We will also give you a book so that you may continue to apply that you have learned to your own life.

>>>>At the end of 12 weeks, we will contact you again for a final set of interviews and questionnaires. We will ask for your feedback on the overall program.

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You will be compensated for your time with payment provided at your initial visit, at 4 weeks, and at 12 weeks.

Interested in participating? A member of our research team will talk to you by phone to determine if it's appropriate for you to come in for the initial interview. To learn more or to contact our research team, visit [butler.org/welltv](http://butler.org/welltv) or call .