

# STRESSED *or* DEPRESSED

## Participate in Research on Coping with Stress and Depression!

### Who can participate?

Individuals between the ages of 18 to 65 who are experiencing depressive symptoms for a minimum of 3 months, and life stress over the past year are eligible and invited for this study.

### What will I need to do?

Participants will be asked to complete questionnaires and an interview that will help the research team evaluate coping with stress and depression. Participation will consist of one meeting and last about 2 to 2.5 hours.

### How can I benefit from participation?

All participants will be given information on coping with stress and depression following their participation. Participants will also be given the opportunity to receive the research results and implications for treating depression.

As part of their participation in the project, participants will receive a free movie ticket certificate and a raffle ticket for a drawing of a choice between:

- (1) *an Ipod nano* (2) *a \$100 certificate to a spa* (3) *or a \$100 gas card*

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