



PARTICIPANTS NEEDED FOR THE

RET STUDY

PROCEDURE

WEEK 0
TESTS



WEEK 8
TESTS



WEEK 16
TESTS



WEEK 26
TEST



If you have major depressive disorder (MDD) and want to begin a 16-week resistance exercise training (RET) program, we want to hear from you!

Who can join?

- Individuals with MDD
- 18-65 years of age
- Additional criteria will be assessed later

What to expect?

- RET 2 days/week for 16 weeks (1 hr each)
- Four assessment visits across 26 weeks (2.5-3 hrs each)

Benefits:

- Access to state-of-the-art exercise equipment
- Tailored workout plans
- Personalized health reports



SCAN ME

Scan the code to complete the screening survey! If you have any questions contact the research team at wellex@iastate.edu