



# Looking for Therapy?

The Iowa State Wellbeing and Exercise Laboratory is seeking participants for a research study on innovative treatments for depression.

Scan Me:



Visit this QR code link to determine your eligibility for the CBT+ research study.

## Contact Information



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### Who can join?

Adults aged 18-65 with depression



### What should you expect?

8 weekly visits of CBT immediately following a viewing of a nature documentary while either resting quietly or cycling.



### What will you receive in return?

- 8 weeks of FREE Cognitive Behavioral Therapy (CBT)
- Personalized reports on your physical activity and sedentary behaviors
- Information about local, accessible mental health resources