

Have you been diagnosed with Major Depressive Disorder (MDD)?

We have a series of studies for people with depression at UBC Mood Disorders Centre that you might be interested in.



ARE YOU DEPRESSED?



For more information about the studies and how to enroll, please scan the QR code:



These studies are being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital, Djavad Mowafaghian Centre for Brain Health. All studies are approved by UBC's Clinical Research Ethics Board and by the Vancouver Coastal Health Authority.

The Mood Disorders Centre at UBC Hospital is conducting research for people who have clinical depression.



Light and Ion therapy for Maintenance Treatment in Depression (LIMIT-D Study)

What's the purpose of this study?

This study explores the use of two separate non-medication treatments, light therapy and ion therapy, as a substitute for antidepressant medications to prevent return of symptoms when stopping antidepressants.

Who can participate in this study?

- You may be eligible to participate if:
- You have taken an antidepressant for depression, for at least 3 months and no more than 12 months;
 - You are no longer depressed but want to stop medications;
 - You are between 19-65 years old;
 - You are willing to use a study device for 30 minutes/day at home for 6 months.

For more information, please call 604-822-0332.

Optimized Predictive Treatment in Medications for Unipolar Major Depression (OPTIMUM-D Study)

What's the purpose of this study?

The purpose of our study is to (1) Test whether a combination of biological tests (biomarkers) can predict medication treatment response, (2) Explore other possible biomarkers to predict treatment response. This 12-week study involves treatment with standard medications approved for treatment of depression.

Who can participate in this study?

- You may be eligible to participate if:
- You are currently depressed;
 - You are between 18-60 years old;
 - You are willing take approved medications for treatment of depression.
 - You are willing to answer questionnaires and do blood/lab tests and brain scans.

Compensation to be discussed.

For more information, please call 604-822-7804.

Depression is a common illness that affects up to 1 in 6 Canadians during their lifetime. If you are depressed or suspect you are depressed, you may be interested in learning more about the following studies.

Common symptoms of depression:

- Depressed mood
- Reduced interest or pleasure in activities
- Change in appetite
- Poor sleep or oversleeping
- Fatigue and low energy
- Low self-esteem
- Poor concentration



For more information on the Mood Disorders Centre, please see our website, at: <http://ubc-mooddisorders.vch.ca/>