

# Are you depressed? Seeking help? Enroll in our study.



## OPTIMUM-D Study Description:

The purpose of our study is to test a personalized biomarkers algorithm and see if it can predict treatment outcomes in patients with clinical depression. Biomarkers are biological features such as proteins, genes, and brain images that indicate the state of a disease in a person.

This study involves standard treatment for depression and randomization into placebo groups. Patients will be treated by a psychiatrist for 12 weeks with an antidepressant medication approved to treat depression.

The study will involve a total of 5 in-person visits, 3 remote visits over 12 weeks.

### Throughout the visits, the study will involve

- 3 x Collection of blood (Baseline, Week 8, 12)
- 3 x Stool Sample Collection (Baseline, Week 8, 12)
- 3 x Urine Collection (Baseline, Week 8, 12)
- 3 x Electroencephalography (EEG) (Baseline, Week 8, 12)
- 1 x Electrocardiography (ECG) (Week 1)
- 2 clinical assessments done by a psychiatrist over the phone (Week 4, 10)
- Actigraphy

You may be eligible for our study if you:

- Are between 18-60 years of age.
- Have been diagnosed with depression or suspect you may have depression, and are currently feeling depressed.

Common symptoms include: depressed mood, diminished interest or pleasure in activities, change in appetite, poor sleep, fatigue, low self-esteem, and poor concentration.

- Are willing to take a standard antidepressant medication as treatment for your depression.
- Are willing to undergo blood/lab tests and brain scans.

Please note that you must not currently be using any recreational and/or non-prescription drugs, have a drinking problem, or have had a history of drug use or a drinking within the past six months.

The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital

**FOR MORE INFORMATION ABOUT THIS STUDY AND  
HOW TO ENROLL, PLEASE CALL 604.822.7804.**

LOCATION: UBC HOSPITAL  
COMPENSATION: TO BE DISCUSSED



