

## Feeling down? Seeking Help? Enroll in Our Study.

The purpose of this OPTIMUM-D study is to (1) test whether a specific combination of biomarkers discovered during our previous studies can help predict how someone will respond to treatment, and (2) to explore other possible biomarkers that may predict treatment response. This information may help us develop tests in the future that can guide treatment choice more effectively and more quickly.

You may be able to participate if you are:

- Are 18 to 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.

There will be 5 in-person visits and 3 additional visits that can be conducted virtually/remotely:

- 3 x Collection of blood
- 3 x Stool Sample Collection
- 3 x Urine Collection
- 3 x Electroencephalography (EEG)
- 1 x Electrocardiography (ECG)
- 2 clinical assessments done by a psychiatrist over the phone

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 problem 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 or email [Lam.MDDResearch2@ubc.ca](mailto:Lam.MDDResearch2@ubc.ca).