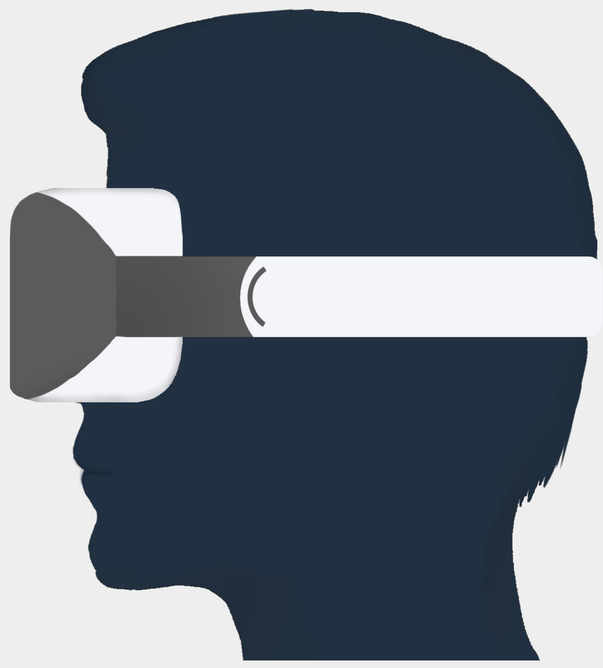
THE UNIVERSITY OF BRITISH COLUMBIA

SIMON FRASER UNIVERSITY

RESEARCH OPPORTUNITY

Are you 19-55 years old with a history of depression ?

Researchers at UBC and SFU are testing a virtual reality program ('bWell') for the assessment and training of memory, attention and processing speed.



Procedures:

1. Initial eligibility screen (over video call) (1 hr)
2. Training and Assessment session (3 hr):
   - Questionnaires regarding your functioning and mood
   - Computerized cognitive tests
   - Help you learn to use the virtual reality program and
   - using the virtual reality program
   - EEG recording *
3. Complete 8 weeks (16 sessions - 1 hr) of virtual reality cognitive training or virtual reality scene experience sessions between assessments
4. Repeat testing at the end of 16 session (3 hr)

* EEG or Electroencephalography is a measurement of the electrical activity of the brain by taping non-invasive surface electrodes to the skin and the scalp.

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