



Feeling anxious or depressed?

Participate in a research study exploring technology-enabled mental health care



We are conducting a study to see if using a smartphone app can improve telehealth care for people with depression or anxiety.

Participation involves connecting with our care team for 8 weeks, participating in therapy, and using a secure app to track daily activities and practice skills.

You may be eligible if:

- 18+ years old
- Have been experiencing symptoms of depression and/or anxiety
- You own a smartphone capable of supporting the research app

Want to learn more?

- Contact the Digital Health Team at:
 - (303) 724-1887
 - DIGITALCLINIC@CUANSCHUTZ.EDU
- To take our pre-eligibility screener and book an intake, scan the QR code

COMIRB No: 24-0658

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