

## Were you ever diagnosed with depression? Do you feel better now?

The ***Stress and Developmental Psychopathology Laboratory*** at Concordia University is currently recruiting English-speaking participants for a study investigating the potential fears that people who are no longer depressed may have about their depression returning. This study involves completing online questionnaires that assess the fears you may have about your depression returning, as well as the severity, frequency, content, and triggers of these fears. It will also ask you for basic personal information (e.g., age, gender, race/ethnicity, occupation) and questions about your current depressive symptoms, other mental health concerns, beliefs about depression, coping strategies, and quality of life.

The online survey will take approximately 1 hour to complete. All components of this study can be completed remotely, in the comfort of your own home.

Participants who are eligible and complete our online survey will be entered in a draw to win one of **seven \$100 CAD Amazon Gift cards**.

### **If you are interested and you:**

- ✓ Are above the age of 18
- ✓ Have previously experienced an episode of depression
- ✓ Have no significant symptoms of depression during the last 2 months

Please click on the following link or scan the QR code which will bring you to our pre-screening questionnaire to determine your eligibility. If eligible, you will be able to access our consent form and the online survey from this same link.

**Survey Link:** [https://concordiaccrh.qualtrics.com/jfe/form/SV\\_8v5TiIGO7rSk5kG](https://concordiaccrh.qualtrics.com/jfe/form/SV_8v5TiIGO7rSk5kG)

