

VA Research Study for Veterans Experiencing PTSD and Depression Symptoms

VA Palo Alto is inviting Veterans with PTSD and depression to participate in a research study. The goal of the study is to understand whether it is useful and acceptable to Veterans to use a smartphone and fitness tracker to collect data on their symptoms of PTSD and depression.

This study involves

- Completing a phone screening to determine your eligibility for the study
- Attending an in-person study visit at the Menlo Park VA campus, where you will complete questionnaires and an interview, receive a fitness tracker (loaned to you during the study), and receive a tutorial on how to collect data through your smartphone and the fitness tracker over the next 12 weeks
- For 12 weeks, completing brief smartphone surveys three times a day about your mental health and keeping your smartphone and fitness tracker charged and worn as much as possible in order to log data related to your social communication, location, physical health, heart rate, and sleep
- During the 12 weeks, participating in phone check-ins with study staff every 2 weeks, and at the end of the 12 weeks, completing an exit interview over the phone about your experiences in the study and receiving a report containing summary information on your data

Who can participate

- Veterans enrolled in VA care with symptoms of PTSD and depression
- Able to read and write in English
- Must have a smartphone to use during the study

Benefits and risks of participating

- We cannot and do not guarantee or promise that you will receive any benefits from this study. However, through answering study questions, you may have increased awareness into experiences related to PTSD and depression, which could be a potential benefit. In terms of study risks, it is possible that responding to study questions may cause distress. Study staff are available to help support you and connect you to relevant resources. You also have the option to skip questions or discontinue the study at any time. For participant's rights questions, contact 1-866-680-2906.

Compensation

- You will receive up to \$420 in Amazon e-gift cards:
 - In-person study session (2 hours): \$40
 - During the 12 weeks of data collection, you will earn \$15 every week. Additionally, you can earn a bonus of \$10 each week for a high percentage ($\geq 80\%$) of data collected from answering smartphone surveys and from keeping the fitness tracker and smartphone worn/charged. Therefore, up to \$300.
 - Six phone check-ins (30 minutes each, on a biweekly basis during the 12 weeks of data collection): \$60 total
 - One exit interview phone session (1 hour): \$20

Please call 650-387-4116 to learn more about the study and to see if you are eligible to participate.



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Palo Alto Health Care System