Project Active

Adolescent Depression and Healthy Lifestyle Study

Study Goals

- Depression and weight problems are two significant health concerns that can occur together in adolescents.
- The goal of this research is to understand the effectiveness of a combined program to address depression and promote physical activity and healthy eating at the same time.

Are You...

- Depressed?
- Between 12 and 18 years old?
- Interested in learning about a more active and healthy lifestyle?

What we offer...

- All teens in this program will receive evidenced-based treatment for depression and weight concerns.
- Cognitive Behavioral Therapy targets changing negative thoughts, feelings, and behaviors associated with depression as well as promoting physical activity. Study includes 6 months of treatment.

If you answered yes to these questions, you may be eligible for an upcoming research study that addresses depression and promotes a healthy lifestyle.

If you are interested in learning more about the program and how to refer, please call or email:

PROJECT ACTIVE
1-877-574-2739
Project Director: Bethany Rallis
Email: BRallis@gmu.edu