

Can't sleep? Feeling down?

A study on insomnia and depression



University of Ottawa
Institute of Mental
Health Research

We are looking for participants for a study that aims to better understand the effects of an intervention based on **cognitive-behavioral therapy for insomnia (CBTi)** on sleep, mental health, heart rate, and brain activity.

This study also investigates if using **wearable sleep devices** during the insomnia intervention may improve outcomes and satisfaction.



Who are we looking for?

- Between **18 and 65 years old**
- Experiencing symptoms of **insomnia** and **depression**

Participation is confidential & financial compensation is available upon completing the study.

What does the study involve?

This study spans over **10 weeks** and involves

- Online **questionnaires**
- Psychological **assessments**
- **Home-based** sleep, heart rate, and temperature **monitoring**
- Daily **sleep logs**
- **Interventions for insomnia** delivered via a **mobile application**

To participate or for more information, please contact us by phone or email

✉ CBTiA@theroyal.ca ☎ 613-722-6521 ext.6493

Study Title: Novel methods to increase access and facilitate cognitive-behavioral therapy for insomnia in the context of depression (CBTiA) PI: Rébecca Robillard, V1, 2022-12-19, REB#2022030



Study title: Novel methods to increase access and facilitate cognitive-behavioral therapy for insomnia in the context of depression (CBTiA)

Principal Investigators: Rebecca Robillard and Elliott Lee

The University of Ottawa Institute of Mental Health Research at the Royal is currently recruiting individuals aged between 18 and 65 years old who are experiencing symptoms of depression and insomnia to participate in a study focusing on cognitive-behavioral therapy for insomnia (CBTi). CBTi is considered as the first line intervention for chronic insomnia and has been associated with long-term effects that surpass the medications used to treat insomnia.

In brief, this study aims to investigate the impact of CBTi-based sleep interventions on symptoms of insomnia and depression, global well-being, heart rate, and brain activity. This study also aims to investigate whether integrating objective sleep measures during the treatment of insomnia improves treatment outcomes, adherence, and satisfaction.

This study spans over a total of 10 consecutive weeks, including: 1 week of baseline measurements using online questionnaires and at-home monitoring using sensors that measure heart rate, body temperature, and sleep; 5 weeks of CBTi interventions to be completed via a mobile application; 1 week of post-treatment measurements; and some questionnaires to fill out before, during and after the intervention. A last set of online questionnaires will be completed 1 month after the end of the intervention to assess the longer-term effects. This study is done almost completely in the comfort of your own home, but does involve 4 brief on-site visits to the Sleep Research Unit at the Royal to collect and return study materials and to complete brief psychiatric assessments. A total of 50\$ in financial compensation will be offered for completing the study.

If you are interested in participating in this study, please email us at CBTiA@theroyal.ca to receive additional details about the study and further instructions regarding study eligibility.

Kind regards,

The CBTiA study team
Sleep Research Unit
CBTiA@theroyal.ca
(613) 722-6521 ext. 6493

Je suis bilingue !