

## THE PRACTICAL USE OF THE INSTRUMENTS

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1. **What is the primary purpose of the study?** The primary purpose of this study is to evaluate the effectiveness of a new treatment for depression. The study will compare the new treatment to a standard treatment (placebo) and a wait-list control group. The study will also examine the safety and side effects of the new treatment.

2. **Who is eligible to participate in the study?** The study is open to adults aged 18-65 who meet specific criteria for depression. These criteria include symptoms of depression such as sadness, hopelessness, and lack of interest in activities. The study is also open to individuals who have not responded to previous treatments.

3. **What are the study procedures?** Participants will be assigned to one of three groups: treatment, placebo, or wait-list control. The treatment group will receive the new treatment, which is a combination of cognitive-behavioral therapy and medication. The placebo group will receive a dummy pill. The wait-list control group will receive no treatment but will be offered the new treatment after the study is completed. Participants will be evaluated at baseline, 4 weeks, and 12 weeks. They will also be asked to keep a diary of their symptoms and treatment side effects.

4. **What are the potential risks and benefits of participating in the study?** The potential risks of participating in the study include side effects from the new treatment, such as nausea, drowsiness, and headache. The potential benefits of participating in the study include access to a new treatment that may be more effective than current treatments for depression.

5. **What are the costs of participating in the study?** There are no costs associated with participating in the study.

6. **What are the long-term implications of the study findings?** The findings of this study will help to determine the effectiveness and safety of the new treatment for depression. This information can be used to improve treatment options for individuals with depression.

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