



You can help to improve
mental health therapy

To participate, tell your therapist and contact us:

1-888-445-9929

PPRNet@uottawa.ca

How You Can Participate in This Study

Your psychotherapist is part of a Canada-wide study to improve therapists' expertise and working relationship with patients.

A goal of the study is to improve mental health outcomes in patients including you.

Your therapist will receive training to improve their therapeutic alliance skills, and this study will evaluate how well they apply these skills.

WHAT'S MY ROLE IN THE STUDY?

A few short questionnaires about yourself and your wellbeing before and after 6 sessions of therapy with your therapist.

Agree to allow your therapist to video record 6 therapy sessions.

A few questions after each of the 6 therapy sessions.

A short questionnaire about your well-being 3 and 6 months later.

WHAT DO I GAIN FROM PARTICIPATING IN THE STUDY?

Your mental health may improve even more because your therapist is participating in this study.

You may experience a greater sense of meaning by contributing to knowledge that will improve mental health outcomes for patients in general.

Your name will be entered in a draw to win a \$100 cash card.

FOR MORE INFORMATION, WATCH OUR YOUTUBE VIDEO:

<https://youtu.be/9cMFOMDCEBQ>

This study is approved by the University of Ottawa (613-562-5387) and the Mount Sinai Hospital (416-586-4875) Research Ethics Boards. We will do our utmost to safeguard the confidentiality and privacy of your study-related information.

Principal investigator at University of Ottawa: Giorgio A. Tasca, Ph.D.

Principal investigator at Mt. Sinai Hospital: Paula Ravitz, M.D.

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