



CARDIAC WELLBEING COURSE

- Researchers at the University of Regina are evaluating an **online** depression and anxiety management course for people in Canada who have experienced a cardiac event such as a **myocardial infarction (heart attack) or unstable angina within the past two years**.
- The program is called the Cardiac Wellbeing Course, which is based on an evidence based psychological treatment that is commonly used in face-to-face therapy (Cognitive Behavioural Therapy).
- The Course was designed because it is common for people to experience depression and anxiety after a cardiac event but many people never seek treatment.
- The Cardiac Wellbeing Course is **8 weeks long and consists of 5 lessons**. Lessons consist of educational materials that are accessed online, and **clients are assigned a guide** who provides weekly support and encouragement as people complete the Course.
- The simple but effective techniques delivered in the Cardiac Wellbeing Course **helps people to cope with the thoughts, behaviours and physical symptoms of depression and anxiety**.
- Many people have access to the Internet and **the online format of the course makes it easy for people to access the Course on their own schedule**.
- **The Cardiac Wellbeing Course is free to residents of Canada** and may assist people who may otherwise not be access psychological services due to time, location, or financial constraints.
- **The first step in registering for the Cardiac Wellbeing Course is to complete an intake questionnaire located at www.onlinetherapyuser.ca/cardiac/**. Once the questionnaire is complete, a Cardiac Wellbeing staff member will contact participants to discuss the next steps registering for the Course.
- This study has been approved by the University of Regina Research Ethics Board. For additional information, participants can contact the primary researcher at Luke.Schneider@uregina.ca or call 306-585-4203.