

## Who we are:

We are researchers at Sinai Health and the University of Toronto. We are conducting a study to explore alternative treatments for depression and pain in adults.

## What our study is about:

This study will investigate two online training programs – the **Health Enhancement Program** and **Sahaj Samadhi Meditation** – that may help in improving mood among those with depression.

## Who we are looking for:

We are looking for people to participate in this study who:

- ✓ have lived with **chronic pain** for 3 or more months;
- ✓ feel they may have **depression** or have been diagnosed with depression;
- ✓ are **able to sit for 20-25 minutes** without significant discomfort; and
- ✓ are willing and able to **attend all training sessions** through **video calls** and most of the follow-up sessions of the program.

## Participating Researchers:

### Co-Principal Investigators:

Dr. Ross Upshur, MA MD MSc  
Dr. Abhimanyu Sud, MD CCFP  
Dr. Michelle Nelson, PhD

### Co-Investigators:

Dr. Robert Simpson, PhD, MBChB  
Dr. Joel Katz, PhD, CPsych  
Dr. Rahim Moineddin, PhD  
Dr. Benoit Mulsant, MD MS FRCPC  
Dr. Ashkya Vasudev, MBBS MRCPsych

### Research Coordinators:

Alana Armas, MSc  
Darren Cheng, MSc

### Collaborators:

Dr. Michelle Greiver, MD MSc CCFP  
Andrew Galley, MSc  
Ronnie Newman, MEd  
Dr. Leon Rivlin, MD CCFP(EM)

If you would like more information, please visit:

[painandmood.info](http://painandmood.info)

or email us at

[clinical.trial@sinaihealth.ca](mailto:clinical.trial@sinaihealth.ca)

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# Online Non-medication Treatments for Depressed Mood in People with Chronic Pain: A Research Study



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Research Institute

## What you will gain:

Free training in one of two self-directed programs (detailed below) that may help with depression and chronic pain symptoms.

## The treatment programs:

Joining the study would involve being randomly assigned to one of the two online training programs. There is a 50/50 chance of being enrolled in either program.

Both programs will be conducted in small groups of 10-15 people, and daily home practice instructions will be provided.

### Health Enhancement Program

This program will teach you about health promotion, healthy diet, and exercise. Support will be provided in a group and by a facilitator to help make positive life changes.

### Sahaj Samadhi Meditation

This program will be delivered by certified meditation teachers and teach you about the nature of meditation and provide personal guided meditation, including methods for meditating at home.

## What is required:

This study will take place online through video calls at various times throughout the week.

Participation requires attending four, 2-hour training sessions in the first week of the study and 75-minute follow-up sessions once a week for 11 straight weeks.

You will also be asked to attend two 1-hour appointments, one right after you finish the 12-week program, and another 24 weeks (6 months) after the start of the study.

This study does not require you change any other part of your health care such as starting a new medication.

## Will this affect my care?

No. Your decision to participate in this research study or not will have no impact on the care you receive at your health clinic.

Your doctor will not know that you are enrolled in this study unless you choose to tell them.

## What we will do with the information we collect:

All information collected from you will be kept confidential and stored securely. We will assign a unique ID number to you, and will use this number on all data collection forms. This means that information you give us will be kept confidential and no one will be able to identify you.

## Findings from this study:

Will help several large mental health and family medicine organizations understand how non-medication treatments might help their clients. Results from this study will also be used to further the field of research, and help support development of health policy.

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