Research Project: **Healthy Body Healthy Mind: Randomised controlled trial of an exercise intervention for the treatment of youth depression**

**Project Summary**
Version 1 8/3/2013

You are invited to take part in a research project investigating the effectiveness of exercise for improving mood in young people. More details, including eligibility criteria, are provided in the Information Sheet.

**Why is the research being done?**
Regular exercise is known to have positive effects on mood in adults with depression. This study is investigating the effects of exercise on mood in young people with depression.

**What will you be asked to do?**
There are a number of components to participation in this project.
1. Phone interview to determine whether this study is suitable for you. If eligible, you will do the following:
2. Complete a series of questionnaires.
3. Participate in a clinical interview with a clinical psychologist to assess the current state of your depression.
4. A discussion session exploring your interest and attitudes to exercise.

**If you are eligible for the study:**
5. Complete some additional questionnaires about your health and stage of maturation
6. Undertake a number of physical fitness tests
7. Provide a blood sample (20mL) collected by a person trained in taking blood samples
8. Wear physical activity monitoring devices: an accelerometer and a pedometer for a week.
9. **Be randomly allocated to one of two groups:**
   a. a group that will start the exercise program immediately
   b. a group that will start the exercise program in 12 weeks time
10. Participate in a personal trainer led small group exercise program (5-8 people in the group) for 12 weeks
11. Monitor and report your daily physical activity with a pedometer (step counter)
12. Complete a daily online survey, about your activity and mood the previous day
13. Complete a more comprehensive survey (10-15 minutes) every two weeks.
14. At the end of the 12-weeks, repeat all the tests described above.
15. Participate in a one-hour feedback interview, where will ask you about your experience in the program
16. Repeat the clinical interview and fitness tests at 6 months after starting the exercise program.

**If you are in the group that commences the exercise program after the first 12 weeks:**
17. Repeat all the tests before and after the exercise program, and 6 months later.

**Where can you get more information?**
Please read the attached Information Sheet carefully and be sure you understand its contents before deciding whether you want to participate.