



# Depression

**Are you currently experiencing symptoms of depression?**

Find out more about **Mindful My Way**.

**Mindful My Way** is a mobile application research study that evaluates the effectiveness of web-based mindfulness exercises on cognition (such as memory, attention, and concentration) in **individuals 65 years and older**.

## **What is involved?**

- Participation in the study will last about 18 weeks.
- You will answer questions about mood, sleep, appetite, and cognition.
- In addition, you will watch mindfulness meditation lessons on-line approximately one hour each week.
- Must have access to the internet and an Apple iOS smartphone
- No in-person visits are required.
- Participants will be compensated up to \$150 for their time.

For more information about **Mindful My Way**,  
please call Abigail at (314) 362-1607 or email [mindfulmyway@wustl.edu](mailto:mindfulmyway@wustl.edu)