



Participate in our study to be entered in a draw for a \$100 Visa Gift Card!

Are you a visible minority that has used technology to access mental health resources?



# Tell us about your experience through the CREDA study!

We are interested in understanding the experience culturally diverse people have with technology-delivered mental health resources, also known as **e-mental health**, to support their wellbeing.

Principal Investigator:  
**Dr. David Kealy**  
Department of Psychiatry  
Faculty of Medicine, UBC



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## Faculty of Medicine

### You can fill out the survey here:

<http://bit.ly/ubccreda>



If you have any questions, contact Shawna Narayan, Researcher, Faculty of Medicine at [shawna.narayan@ubc.ca](mailto:shawna.narayan@ubc.ca)



# Tell us about your experience through the CREDA study!



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The study is titled *Exploring cultural responsiveness in e-mental resources for depression and anxiety* (CREDA).

We are interested in understanding the experience culturally diverse people have with technology-delivered mental health resources, also known as **e-mental health**, to support their wellbeing.

This research aims for a better understanding of what technology delivered mental health resources are like for someone like you, and in doing so give us a better idea of how we can create effective services for mental health in our community.

If you decide to participate, you will be asked to complete a survey. The survey will also ask if you are interested in participating in a focus group interview for an additional part of the study. The survey will take about 10 to 20 minutes to complete. The focus group will be scheduled at a later time and place that is convenient for you and should take approximately 45 to 75 minutes of your time.

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By participating in the survey, you will be entered in a draw for a \$100 Visa gift card. If you choose to participate in the focus group by indicating in the final questions of this survey, you will be provided with \$20 for taking part in the interview, which will cover any costs incurred, such as transit or parking.

**If you are interested in participating, please go to the online survey at the link below. You may be able to receive a paper copy of the survey from staff.**

If you have any questions, contact Shawna Narayan, Researcher, Faculty of Medicine at [shawna.narayan@ubc.ca](mailto:shawna.narayan@ubc.ca).

Thank you for considering!

**You can fill out the survey here:**

<http://bit.ly/ubccreda>

