



Program ACTIVE

Appalachians Coming
Together to Increase
Vital Exercise

Are you...

an adult with type 2 diabetes?

Have you been...

feeling depressed for two weeks or longer?

Does depression get in the way of work or home life?

Would you like to...

feel less depressed and healthier?

Participants will be assigned to one of our four treatment groups:

- Exercise, Talk Therapy, Talk Therapy + Exercise, or Usual Care.
- The actual group assignment is purely by chance.
- The treatment period is 12 weeks with follow-up assessment conducted after 6 months and one year.

Participants will not be charged for taking part in the study.

Earn up to \$90 for completion of the study.

Call us today!
1•855•DMACTIV
(1•855•362•2848)

Guy Hornsby, Ph.D. and the Human Performance Laboratory of West Virginia University are conducting a research study to evaluate options for depression in adults with type 2 diabetes.

For more information, call the Program ACTIVE office at 304-293-7322.

WVU IRB approval is on file.