

[연세대 디지털정신건강 연구실]

유학생 우울 증상 완화를 위한 CBT 앱
"마인드부스터 그린" 연구 참여자를 모집합니다!

안녕하십니까? 연세대학교 심리학과 디지털정신건강 연구실입니다.

저희 연구실에서 국내 유학생들의 우울 증상 완화 위한
앱을 개발하고 효과성을 검증 중에 있습니다.

연구참여에 관심이 있으시면 모집문을 확인하고 [아래 링크]를 눌러서 신청해주세요.

담당 연구원이 확인 후 연락드릴 것입니다.

연구 참여 신청하기 →

<https://sites.google.com/yonsei.ac.kr/mindboostergreenscreening/home>

[Yonsei Digital Mental Health Lab]

Recruiting Participants for “Mind Booster Green”, CBT app for relieving depressive symptoms!

In our laboratory, for the relief of depressive symptoms of international students,
we developed the app and now verifying its effectiveness.

If you are interested in participating in the study,
please check the application form and click the [link below] to apply.

The researcher in charge will contact you.

To participate →
<https://sites.google.com/yonsei.ac.kr/mindboostergreenscreening/home>

[延世大数位精神健康研究室]

为了缓和留学生忧郁症状的 CBT APP

"Mindbooster Green" 研究目前正在募集参与者！

大家好，我们是延世大学心理学系数位精神健康研究室。

我们最近为了缓和国内留学生的忧郁症情况，开发了一款 App，并且正在进行效果研究
考证。

请有兴趣参与的学生确认详细的公告后，点击 [下方连结] 进行申请。

负责人在确认过后将会进行个别联络。

申请参与研究 ->

<https://sites.google.com/yonsei.ac.kr/mind-booster-green-china/%E4%B8%BB%E9%A1%B5>



Looking for Students to Participate in Study

Verifying the Efficacy of Cognitive Behavioral Therapy Mobile App **MIND BOOSTER GREEN** in Relieving Depressive Symptoms in College Students (International Included)

Study Subjects (100 total: 50 in intervention group, 50 in control group)

Through the screening evaluation, the following criteria are checked, and valid participants will be notified individually.

- Adults of 18 years old and above
- Current undergraduates, graduate students, and students on leave of absence who are enrolled in domestic (Korean) universities and have signed a consent form
 - **Native English speakers**
- Subjects assessed as having mild or greater depressive levels from the screening test and not having more than moderate suicidal thoughts
 - Smartphone users with iOS 12/Android 8 and higher specifications
- Those who are not currently using other mental health-related services (medication, psychotherapy, counseling, etc.)

How to Participate

Use the link below or use the QR code for a detailed study description and to participate in the study!

Website: <https://sites.google.com/yonsei.ac.kr/mindboostergreenscreening/home>



Research Procedure

- Applicants who pass the screening evaluation will be assigned to the 'intervention group' or 'control group' using a random number table with a 50% probability of being assigned to either group.
 - Group assignments are random, and applicants will be notified about their results via e-mail.
- All research procedures will be done online, and participation consent will be obtained with an electronic signature.
 - The evaluation will be conducted through an online questionnaire and take around 15 to 20 minutes.



Intervention Group

Pre-Evaluation → App Use (~1 Month)
→ Post-Evaluation
→ 1st Follow-Up Evaluation After 2 Months

- * The app provides individual training for a total of 28 sessions, with each session taking about 15 minutes.
- * A simplified evaluation is conducted every week from the time the pre-evaluation is completed to the post-evaluation.
- * If agreed, Follow-up evaluation will be conducted after 3 months & 6 months of Follow-up evaluation 1.



Control Group

Pre-Evaluation → Wait (~1 Month)
→ Post-Evaluation
→ 1st Follow-Up Evaluation After 2 Months

- * A simplified evaluation is conducted every week from the time the pre-evaluation is completed to the post-evaluation.
- * If agreed, Follow-up evaluation will be conducted after 3 months & 6 months of Follow-up evaluation 1.

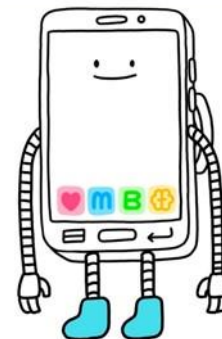
Study Participation Benefits

- All participants will receive a participation reward of up to KRW 50,000 and two coffee coupons.
- If you stop participating in the study, you will be rewarded according to your participation rate (refer to the description).
 - The control group will be given access to use the app after the study is over.

If you have any questions about participating in the study, please contact the research staff.

Researchers: Soyeong Choi, Minhee Kim, Hangeol, Ka (Phone: 02-2123-4886

Email: csy9899@yonsei.ac.kr / miny507@yonsei.ac.kr / rkgksruf@yonsei.ac.kr)



Yonsei University Digital Mental Health Lab.

招募大学生（研究生）研究参与者

认知行为治疗移动应用程序“Mind Booster Green” 对大学生抑郁症状的效果验证研究

研究对象（干预组 100名，对照组 100名，共 200名）

** 干预组1（50名）和对照组1（50名）的成员是在韩留学的中国学生，
干预组2（50名）和对照组2（50名）的成员是中国境内高校学生。

通过筛查测验确认是否符合以下条件，选定结果将另行通知。

- 年满18周岁以上
- 正在大学就读的大学生、研究生、休学生，并签署同意书的对象
- 以汉语为母语的对象
- 在筛查测验中被评估为具有轻度以上的抑郁，没有中度以上自杀倾向的对象
- 可以使用iOS 12~14, Android 8~10配置智能手机的对象
- 目前未使用其他精神健康相关服务（药物治疗、心理治疗、心理咨询等）的对象

报名方式

请通过以下网址或二维码查阅研究相关说明资料后，报名参与。

网址: <https://sites.google.com/yonsei.ac.kr/mind-booster-green-china/%E4%B8%BB%E9%A1%B5>



研究过程

- 被选定为研究参与者后，会通过随机分组方式，以50%的概率分配到“干预组”或“对照组”。
- 分组是随机分配，无法自行选择，结果将通过个人邮件进行通知。
- 所有的研究过程都是在线进行，研究知情同意书使用电子签名。
- 问卷评估以线上问卷调查方式进行，所需时间为 15~20分钟。



干预组1, 2（共 12个月）

前期评估 → 使用应用程序(约1个月)
→ 后期评估 → 2个月后初次追踪评估

- * 应用程序的训练，共有28期训练，每期训练大约需要15分钟。
- * 从事前评价结束到事后评价，每周进行一次简易评价
- * 以同意者为对象，在跟踪评价3个月、6个月后实施追加评价（约需5分钟）。



对照组（共 12个月）

前期评估 → 待命（约 1个月）
→ 后期评估 → 2个月后初次追踪评估

- * 从事前评价结束到事后评价，每周进行一次简易评价
- * 以同意者为对象，在跟踪评价3个月、6个月后实施追加评价（约需5分钟）。

研究报酬

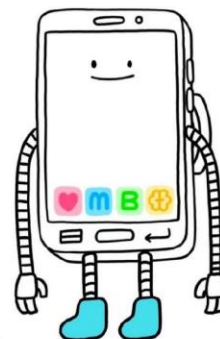
- 所有参与者根据参与程度可获得最高5万韩币和2张咖啡卷（中国境内高校参与者将获得250元人民币和2张咖啡卷）。
- 如果研究过程中退出研究，报酬将按照参与程度差别支付（参考说明文）。
- 对照组成员将在研究结束后获得应用程序的使用权。

如果您有任何疑问，请咨询研究负责人。

研究人员：韩国 - Soyeong Choi, Minhee Kim, Hangeol, Ka (电话：02-2123-4886 email:

csy9899@yonsei.ac.kr / miny507@gmail.com / rkgksruf@yonsei.ac.kr)

中国 - 蔡香花 (电话：13943510857 email: xhcai@ybu.edu.cn)



Korea Yonsei University Digital Mental Health Lab.

<우울 증상 완화 앱, 마인드부스터 그린 연구>

본 연구에서 효과성을 검증할 하려는 앱은 정도 이상의 우울감을 호소하는 사람들을 위한 프로그램입니다. 본 앱은 우울에 가장 효과적이라고 알려진 인지행동치료에 기반하였으며, 임상 심리학 전공자들에 의해 개발되었습니다.

혹시 더 자세한 정보가 필요한 경우, 언제든지 아래 연락처로 연락주십시오.

많은 관심 부탁드립니다! :)

감사합니다.

■ 연구 대상자

- 1) 현재 대학교에 재학 중인 대학생, 대학원생, 휴학생
- 2) 영어/중국어를 모국어로 사용하는 대상자

■ 연구 참여 기간

- 1) 마인드부스터 프로그램은 매일 약 15 분 약 한 달 (28 일)
- 2) 3 개월 후 추적검사 진행

■ 보상

- 1) 모든 절차 완료 시 연구 참여비 (5 만원) 및 커피쿠폰 지급
- 2) 참여 중단에 따른 참가비 차등 지급 (모집 시 더 자세히 안내 예정)
- 3) 효과성 검증된 앱 서비스 제공

■ 문의 연락처

- 1) 이메일 : csy9899@yonsei.ac.kr / rkgsruf@yonsei.ac.kr
 - 2) 전화 : 02-2123-7536
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<Research on “Mind Booster Green”, an app for relieving depression symptoms>

The app is a program for people who suffer from more than mild depression.

This app is based on cognitive behavioral therapy,
which is known to be the most effective therapy for depression.

If you want further information,
please feel free to contact us at the contact information below.

Thank you :)

■ Study Subjects

- 1) Current undergraduates, graduate students 18 years old and above
- 2) Native English/Chinese speakers

■ Research Period

- 1) The Mind Booster program is about 15 minutes every day for about a month (28 days)
- 2) Follow-up evaluation after 3 months
- 3) follow-up evaluation 2, 3 (if you agree)

■ Reward

- 1) All participants will receive a participation reward of up to KRW 50,000 and two coffee coupons.
- 2) If you stop participating in the study, you will be rewarded according to your participation rate.

■ Contact information

1) e-mail : csy9899@yonsei.ac.kr / rkgksruf@yonsei.ac.kr

2) office number : 02-2123-7536

<忧郁症缓和 App , Mindbooster Green>

本研究为患有轻度以上的忧郁症患者进行的研究项目。本 App 对于忧郁症状最为有效的认知行动治疗作为基础，在临床心理学研究学者的监督下进行开发。

若需要详细的资讯，请透过下方联络方式联络我们。

希望大家踊跃参与 :)

谢谢。

■ 研究对象

- 1) 正就读大学的在学生、研究生、休学生
- 2) 以英语/中文为母语的对象

■ 研究参与期间

- 1) Mindbooster 研究项目为期 28 天，每天约 15 分钟
- 2) 3 个月后进行追踪检测

■ 慰劳费

- 1) 完成所有阶段后，给予慰劳费（5万）与咖啡券
- 2) 期间中断参与者，则根据参与阶段给予慰劳费（详细说明将于后续进行）
- 3) 提供效果考证 App 服务

■ 联络方式

- 1) 信箱：csy9899@yonsei.ac.kr / rkgksruf@yonsei.ac.kr
 - 2) 电话：02-2123-7536
-