

**ARE YOU  
STRUGGLING  
WITH  
SYMPTOMS OF  
DEPRESSION?**

No interest in activities  
**Anger/irritability**

Negative thoughts about self

Loss of energy

Feeling down

Hopelessness

Too much sleep  
or insomnia

Loss of appetite

Difficulty concentrating

**DEPRESSION**

**Therapy may help...  
Join our study**

Contact Joyce  
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**This study examines the use of EMDR\* and CBT^ therapy to treat depression.**

**\*Eye Movement Desensitization & Reprocessing therapy is proven effective for symptoms of post-traumatic stress.  
Learn more about EMDR at <http://www.emdria.org/?2>**

**^Cognitive Behavioral Therapy is proven effective for symptoms for depression.  
Learn more about CBT at <http://www.nacbt.org/whatiscbt.htm>**

*Study approved by the IRB, Kansas State University #7182*