



Mind the Heart Study

Québec Information Sheet

The purpose of the Mind the Heart study is to assess the usefulness of a stepped-care intervention developed by the **Mind the Heart** research team for men having experienced a cardiac event. The study is being carried out in New Brunswick (Moncton and Saint John), in Ontario (Ottawa area) and in Québec (Outaouais).

The study includes a program that aims to prevent and treat depression, anxiety, and post-traumatic stress that may arise after a cardiac event in men. The program, which is free, involves three steps.

- **Step 1: Information/Education:** Brochures, a website, and a smartphone application about how to cope with signs of depression, anxiety, or post-traumatic stress after a cardiac event.
- **Step 2: Group sessions** (8 weeks); in the first and last 3 sessions, your care partner will be invited to participate.
- **Step 3: Individual therapy or couple therapy** with your care partner.

Depending on how you feel and if you wish to do so, it may or may not be necessary for you to go on to Steps 2 or 3.

If you decide to participate in this study, your involvement will be for one year. During the course of that year, you will be asked to complete questionnaires every 3 months for a total of 5 times. Altogether, the various questionnaires take approximately 45-60mins to complete. You can fill them out online, on your iPhone or in paper format. Those questionnaires will allow the research team to assess your needs and direct you to the Step of the program that best suits you.

You can withdraw from the study at any time.

If you choose to participate, contact a member of the research team; the study and what is expected of you will be explained fully, and if you are still willing to participate you will be required to sign a consent form.

We are recruiting men:

- Who have had, in the last 3 months:
 - A heart attack or unstable angina or
 - An angioplasty with or without stent or
 - A coronary bypass.
- Able to speak and write in English or French;
- Able to attend 8 weekly sessions if necessary;
- Available for at least one year;

If you have any questions Please call Mireille member of the research team.

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