



## Mind the Heart Study

### New Brunswick Information Sheet

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

The MindTheHeart Program aims to prevent and treat depression, anxiety, and post-traumatic stress that may arise after a cardiac event in men. The MindTheHeart Program, which is free, involves three steps; and the key aspect is the monitoring of your progress in order to identify when it is necessary to step up for a tailored intervention according to your needs. You will be invited to identify a care partner to accompany you in your care-journey. The care-partner can be your life partner, a relative or a close friend. Please note that the identification of a care partner is not mandatory to participate to MindTheHeart Program.

- **Step 1: Information/Education:** Free access to: Brochures, a website, and a smartphone application about how to cope with signs of depression, anxiety, or post-traumatic stress after a cardiac event; and Free of charge participation to 3 psychoeducation group sessions.
- **Step 2: Group Therapy sessions (8 weeks):** 8 sessions, once a week of 2 hours each. In the first and 3 last sessions, if you agree, your care partner will be invited to participate in these sessions.
- **Step 3: Individual therapy** or with your care partner.

Your involvement in the study, if you decide to participate, is one year (12 months). During the course of that year, you will be invited to answer to a set of questionnaires every 3 months, for a total of 5 times in 12 months. Altogether, the various questionnaires take approximately 45-60 mins to fill out. This can be done, at your convenience, by phone or face-to-face with a research assistant. Your answers to the questionnaires will allow the research team to assess your needs and direct you to the Step of the MindTheHeart Program that best suits you.

You may withdraw from the study at any time without affecting your present or future health care.

If you choose to participate, please contact a member of the research team (contact details below) so that they can assess your eligibility to participate in the study, explain the study and what is expected from your participation and if you are still willing to participate, you will be required to sign a consent form.

**If you have any questions or need more information, please give us a call.**

**New-Brunswick: 1 506 858 4574**

**Elsewhere in Canada: 1 506 858 4574**

