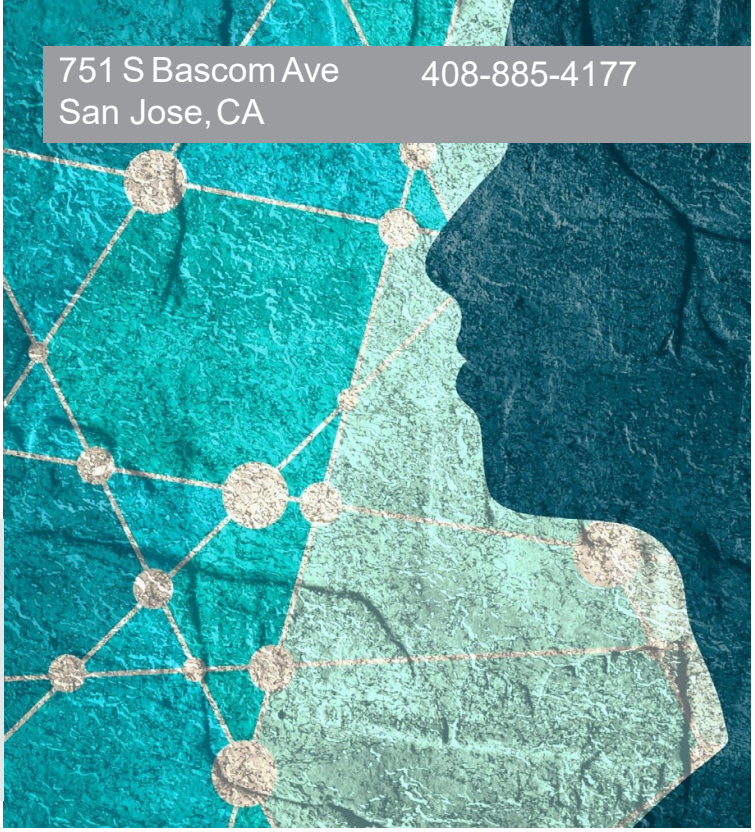
Rehabilitation Research Center
Santa Clara Valley Medical Center
Hospital & Clinics



TeleStudy

Telemedicine is healthcare provided through technology to support and promote long-distance health management.

Our Mission
Your Success
Tele-psychology

Santa Clara Valley Medical Center is seeking participants over the age of 18 with a spinal cord injury (SCI) for a research study investigating the use of Cognitive Behavioral Therapy (CBT) to improve quality of life and decrease emotional stress (e.g., anxiety or depression) in hopes of helping patients adjust to life after a SCI.

If interested in learning more, please contact: **Cria-May Khong | (408) 885-4177**

CRITERIA

- Must be 18+ years of age
- Must have a SCI within the past year
- Must be discharging to or residing in a private residence in California
- Must be fluent in English

PARTICIPATION

- Participants complete monthly surveys for 6 months by telephone.
- Participants are randomized to one of the following groups:

—*Tele-Psychology.* Participants receive CBT using iPad FaceTime.
•10 CBT sessions in 12 weeks
•1hr per session

—*Usual Care.* Participants visit their healthcare providers as they normally would.

COMPENSATION

- All participants will receive iPads at no cost.
- Depending on group assignment, iPads are distributed as follows:

—Tele-Psychology participants will receive an iPad with a 4-month data plan at the beginning of the study.
—Usual Care participants will receive an iPad at the end of the study.

For more information, please contact:

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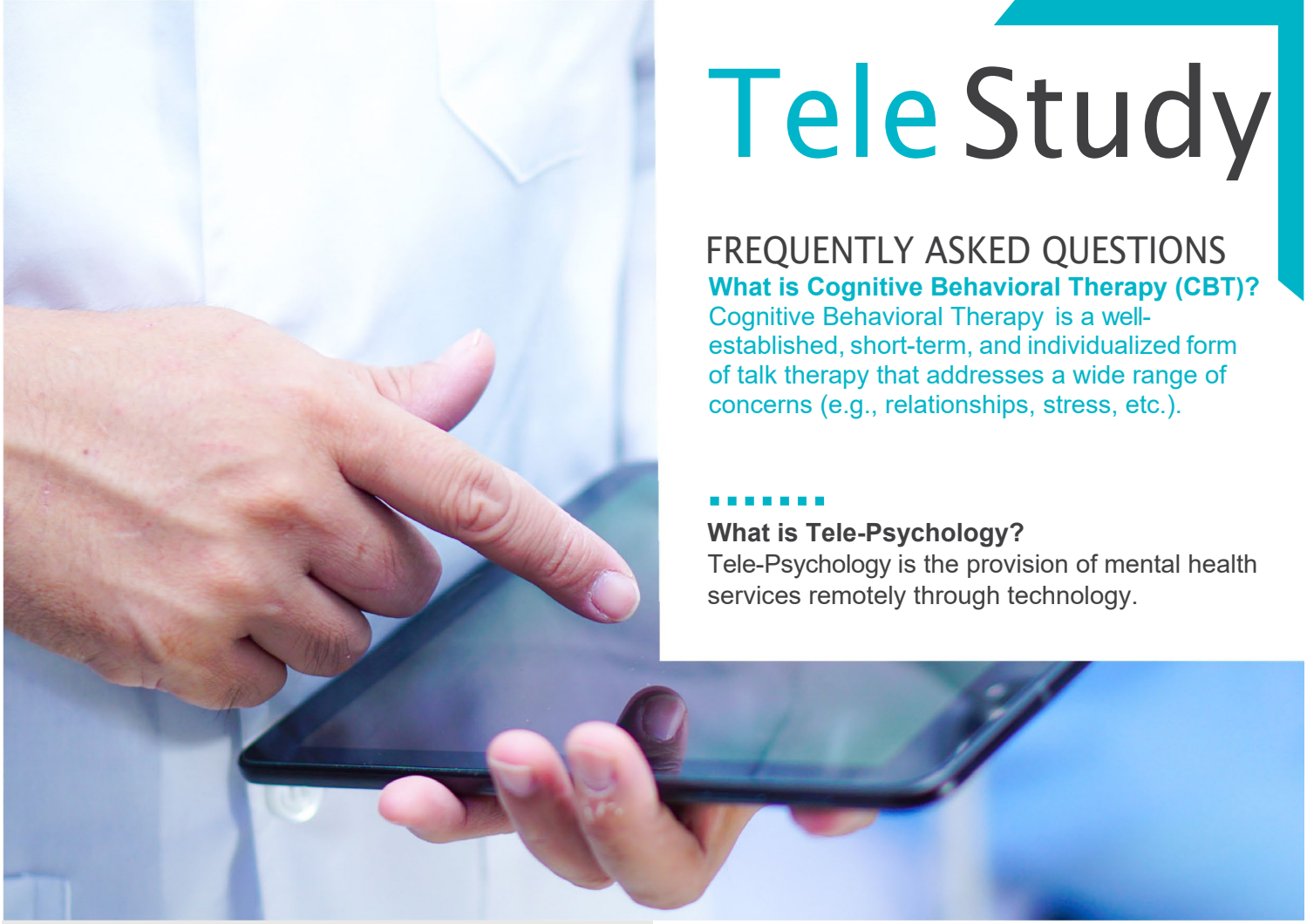

Tele Study

FREQUENTLY ASKED QUESTIONS

What is Cognitive Behavioral Therapy (CBT)?
Cognitive Behavioral Therapy is a well-established, short-term, and individualized form of talk therapy that addresses a wide range of concerns (e.g., relationships, stress, etc.).

What is Tele-Psychology?
Tele-Psychology is the provision of mental health services remotely through technology.

ABOUT THE STUDY

This study is providing cognitive behavioral therapy (CBT) via FaceTime on an iPad to persons with spinal cord injury (SCI). CBT is a personalized type of therapy that may help to develop different ways of thinking and behaving to help with mood. We plan to look at how people with SCI deal with emotions in the early period after injury. Other goals include decreasing anxiety and depressive symptoms and improving satisfaction with life. The study participation lasts about 6 months, starting about 2 weeks after consenting to participate in the study.

This is a randomized study, meaning 50% of participants will receive CBT and 50% will receive routine care from their main doctor. That chance is determined randomly, like the flip of a coin. The participants that receive the CBT treatment will receive an iPad to use FaceTime for their CBT sessions. The participants who receive routine care from their main doctor will receive an iPad after completing the 3 telephone follow-ups over the 6 months of study participation. Both groups will also be called about once a month, to see how they are doing.

- **What are my rights as a research participant?**
  You have the right to take part in the study, to withdraw at any time, and ask questions.
- **What are the risks?**
  Potential risks include feeling fatigued, inconvenienced, and/or upset during the telephone questionnaires.
- **What are the benefits?**
  There are no benefits to screening for the study. If you enroll in the main study, we do not guarantee you will receive any benefits from your group assignment and/or participation.
- **Is my personal and health information protected?**
  Yes; confidentiality is an important part of the study and your personal health information is only seen by authorized study personnel.
- **Will there be medical and travel costs?**
  No; the services you may receive are at no cost to you and do not require any in-person visits.
- **Is the study a randomized trial?**
  Yes; participants are randomly assigned into the treatment or usual care group.
- **How long is the study period?**
  The study period is 6 months and starts approximately 2 weeks after consenting to participate in the study.