

# Would you like to be involved in a research study for your low mood?

- Are you 11-19 years old?
- Have you been feeling sad, worried, had low motivation, or any of the above?



Researchers are testing if SPARX, a game, could be used to support young people with depression.

SPARX features a virtual world and an avatar to guide you through techniques to manage your mood. These techniques are based on cognitive behavioural therapy.

We want to know if young people in the United Kingdom find SPARX useful for their low mood.

If this sounds like something you'd be interested in, talk to your Mental Health Lead in school about whether you can get involved!



Scan the QR code to view a trailer of SPARX