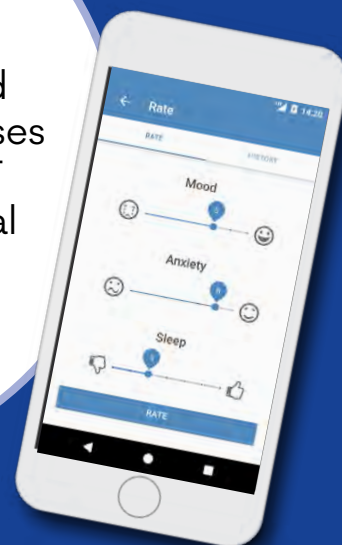


Are you experiencing increased anxiety or low mood due to COVID-19 or were already experiencing these symptoms and would like to be part of research?



What?

We want to test MoodBuster, a guided website and app that uses the principles of CBT (Cognitive Behavioural Therapy) for self-management of low mood.



Who?

- Aged **18 or older**
- Have **signs of low mood**
- Have **both** a computer and smartphone (Android or iPhone)
- and have never been diagnosed with depression

Where and when?

You will take part in the study in your own time from the comfort of your home.

**Contact us for more information:
moodbuster@manchester.ac.uk
mentalhealth.org.uk/research/moodbuster**