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 selfmanagement 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









