



An exciting opportunity to get involved in the largest ever study of anxiety and depression!

## What is the GLAD study?

The GLAD Study is a project set up to explore **risk factors** in individuals who have experienced **depression and/or anxiety, including those with a diagnosis of bipolar disorder, OCD, or related disorders**, at any time in their lives.

It aims to **better understand** depression and anxiety in order to **find and develop more effective treatments**. The GLAD Study is also part of the **NIHR BioResource**, which is a library of information about people's health aiming to support research in both physical and mental health.

Are you:



Aged 16+?



Living in the UK?



Experiencing clinical levels of depression and/or anxiety, or have experienced these in the past?

Find out more by going to [www.gladstudy.org.uk](http://www.gladstudy.org.uk)

# How do I take part in the GLAD study?

You can take part in the GLAD study by following the sign-up steps.

These are designed to be easy to complete and are:



1. Register on our website, [www.gladstudy.org.uk](http://www.gladstudy.org.uk), and read the information sheet
2. Provide your **consent** using our online form
3. Complete an **online questionnaire** to see if you are eligible. This takes around 30 minutes
4. Send a **saliva DNA sample** through the post using the freepost envelope provided

Once you have completed these steps, you will be able to see information on the website about a number of **optional questionnaires** or **other research studies** that are being carried out.

**Once you are enrolled in the GLAD study, you are free to withdraw at any time if you choose**

## Who can I contact if I have more questions?

If you are interested in joining the GLAD study but have more questions, you can visit our FAQ page at [www.gladstudy.org.uk/faqs](http://www.gladstudy.org.uk/faqs)

Alternatively you can contact us via:

@ Email: [gladstudy@kcl.ac.uk](mailto:gladstudy@kcl.ac.uk)



Facebook: @JoinGLADStudy



Freephone: 0800 634 4504



Twitter: @GLADStudy



Phone: 0207 848 1638



Instagram: @GLADStudy

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