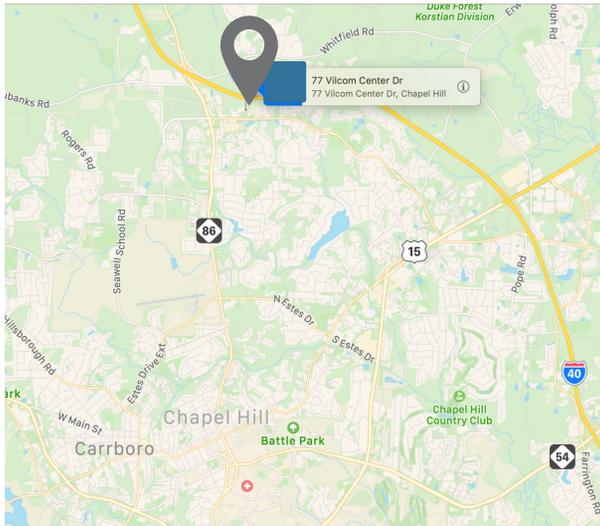


# IN-PERSON CLINIC LOCATION

## UNC Psychiatry Outpatient Clinic at Vilcom Center

77 Vilcom Center Drive  
Dawson Hall  
3rd Floor, Suite 300  
Chapel Hill, NC 27514  
984-974-5217



UNC IRB # 19-1786  
irb\_subjects@unc.edu

# OUR COMMITMENT

Our team of providers at UNC-Chapel Hill recognize and respect diversity within all of our patients.

We make ongoing efforts to offer care that is sensitive to cultural differences among people.

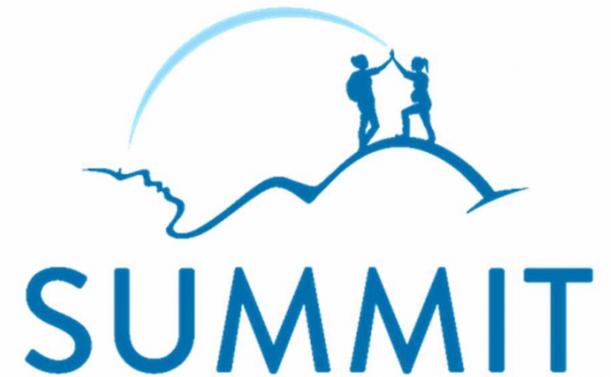
Some examples of these differences include: age, race/ethnicity, sex, gender identity, nationality, socioeconomic status, military background, religious affiliation, sexual orientation, and disability.

Our goal is to foster a space in our clinic that promotes awareness and acceptance of these cultural differences while also acknowledging and integrating each patient's personal experiences and needs.

# CONTACT US



summit@med.unc.edu



Scaling Up Maternal Mental healthcare  
by Increasing access to Treatment

A research study to  
increase access to  
mental health care for  
pregnant women and  
new mothers

www.thesummittrial.com

# BACKGROUND

Depression and anxiety pose a significant health burden to women and families worldwide.

Talk therapy can reduce symptoms of depression and anxiety, but there are challenges that prevent access to therapy such as a lack of available specialists, cost, and transportation.

There is a need for low-cost, flexible, and efficient alternatives to deliver talk therapy treatment. SUMMIT is exploring who can provide therapy and how it can best be delivered.



# WHAT IS SUMMIT?

The SUMMIT Trial is a research study that aims to increase access to mental health care for depression and anxiety during pregnancy or postpartum.

Eligible participants will receive Behavioral Activation therapy by either a mental health professional or a trained nurse through either in-person or online video sessions.

The study includes 8 weeks of Behavioral Activation (BA) therapy, which focuses on changing how you feel by changing what you do.

Participants will be asked to complete surveys when they enter the study and again at 3-, 6-, and 12-months after enrolling and will be compensated \$15 for each survey (up to \$60 total).

Total study participation may last up to 21 months depending on time of enrollment.



# WHO'S ELIGIBLE

You may be eligible to take part in this study if you are:

- At least 18 years old
- Pregnant up to 36 weeks or 4-30 weeks postpartum
- Speak English or Spanish
- Willing to attend an hourly therapy session weekly for 8-weeks

You may not be eligible if you:

- Attend ongoing individual psychotherapy (support group therapy is OK)
- Have active substance abuse or dependence