



[ c h i t i n ]  
kite-tin  
Cross-border  
Healthcare Intervention Trials  
in Ireland Network

# Student Psychological Intervention Trial

This project is being conducted at Ulster University (UU) and Letterkenny Institute of Technology (LYIT) as part of the World Health Organisation (WHO) World Mental Health International College Student Initiative.

The primary goal of the study is to determine whether a recently developed web-based intervention is effective in reducing the symptoms of mild to moderate levels of anxiety and/or depression. In order to do this, we will recruit first year undergraduate students. Students will be provided with information about the project, we will take informed written consent, collect a saliva sample, and provide a link to an online survey. Some students will be contacted at a later date to establish if they would be willing to take part in a randomised control trial to test the effectiveness of the intervention.



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