

Can nature-based physical activity improve symptoms of depression and anxiety?

Manhattan therapists!

Unique opportunity to get paid to partner with K-State researchers

What is this all about?

This research project, funded by the REI Cooperative Action Fund, is being conducted by Dr. Emily Mailey and Dr. Gina Besenyi in the Department of Kinesiology at Kansas State University. The overall aim of the study is to determine whether engaging in nature-based physical activity improves symptoms of clinical depression and anxiety. To address this question, we are partnering with therapists and asking you to integrate outdoor physical activity into specific clients' treatment through 1) engaging in walk-and-talk therapy, and 2) recommending physical activity outside of therapy sessions. We will provide all training and materials needed for you to carry out your role in the study. More information about eligibility criteria and what your involvement would entail is below.

To be eligible to participate, mental health providers should:

- ✓ Be licensed in the state of Kansas
- ✓ Have a caseload that includes at least 10 adults with depression and/or anxiety
- ✓ Be willing to complete all study requirements (see below)

Eligible clients should:

- ✓ Have diagnosed clinical depression and/or anxiety
- ✓ Be able to safely engage in physical activity
- ✓ Be willing to complete all study requirements (walk-and-talk therapy, assessments including completing surveys, wearing a Fitbit, and downloading a NatureDose app)
- ✓ Be part of an underrepresented minority group (broadly defined to include racial/ethnic minority, low socioeconomic status, LGTBQ, etc.)

What will I be asked to do?

- Attend a 2-hour training workshop in person (preferred) or online
- Obtain or update CPR certification (if applicable)
- Recruit 6 clients with depression and/or anxiety to participate in the study (3 will receive the intervention immediately; 3 will complete all measures and receive the intervention later)
- Obtain informed consent from participating clients
- Engage in walk-and-talk therapy during weekly sessions with participating clients for 10 weeks

- Discuss and recommend nature-based physical activity with participating clients
- Collect surveys from participating clients at the beginning and end of the 10-week period
- Complete a log of activities implemented during sessions with participating clients
- Complete an individual interview with the research team at the end of the study

What will I receive?

- You will be paid up to \$1500 for completing all study requirements.

How do I participate?

If this sounds like something you may be interested in pursuing, please proceed to the [eligibility survey](#)

Questions? Contact Dr. Emily Mailey at emailey@ksu.edu

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