

WHAT SHOULD I DO IF I'M INTERESTED IN TAKING PART?

Please talk it through with your
parent/carer and get in touch using
the information below:

CONTACT US

 READYTRIAL@HERTS.AC.UK

 WWW.READYTRIAL.CO.UK

R.E.A.D.Y.
Activity Depression

THE READY TRIAL

Feasibility of a
Randomised controlled trial
of
Energetic
Activity for
Depression in
Young people



Are you:

- AGED 13-17
AND
- WANTING HELP FOR LOW MOOD/DEPRESSION

If you are, please read on to find out about our research.

Our research aims to see if:

- PHYSICAL ACTIVITY IMPROVES THE MOOD OF YOUNG PEOPLE WITH LOW MOOD OR DEPRESSION
- THE PHYSICAL ACTIVITY GROUPS ARE GOOD VALUE FOR MONEY
- PEOPLE CONTINUE TO ATTEND THE PHYSICAL ACTIVITY GROUPS ENOUGH TO BENEFIT, AND DOES THE INTENSITY OF THE PHYSICAL ACTIVITY MATTER?

IF YOU TAKE PART IN THE RESEARCH STUDY YOU WILL BE ASKED TO ATTEND ONE OF THESE GROUPS DURING SCHOOL TERMS TWICE A WEEK FOR 12 WEEKS



HIGH INTENSITY PHYSICAL ACTIVITY

e.g. basketball, football, circuit training to music, boxing drills



LOW INTENSITY PHYSICAL ACTIVITY

e.g. walking sport such as football and netball



THE SOCIAL CONTROL

e.g. board and computer-based games, and group discussions

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat”

- UK Chief Medical Officer, 2019 -