

MemFlex

A memory based digital mental health intervention



MEMORY SHAPES MENTAL HEALTH

Memory shapes your identity, how you solve problems, and plan for the future.

Traumatic experiences can interrupt these processes, leading to more severe symptoms.

We are seeking participants who have experienced trauma to trial MemFlex, a simple intervention that increases access to positive memories, to reduce memory biases commonly seen in PTSD and depression.

Prior research shows that MemFlex reduces symptoms of PTSD and depression when delivered in person.

Here, we are evaluating a digital version of MemFlex.

Program Structure



If you participate, you will:

- Be randomly allocated to complete MemFlex now or in 4 weeks' time
- Complete the 4 week MemFlex program online, when and wherever suits you
- Receive up to \$60 in Giftpay vouchers for completion of online surveys before and after the MemFlex program

Find out more! Scan the QR code to register your interest and see if you are eligible to participate

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This study has ethics approval (ID 29331) and Clinical Trial Sponsorship (ID 28667) from the University of Melbourne