

Randomized Controlled Trial on Precision Mental Health

NCT05825040

Status	RECRUITING
Phase	Not Applicable
Sponsor	Chinese University of Hong Kong
Enrollment	320 participants

Key Eligibility Criteria

Inclusion (5)

- years old or above
- Able to read Chinese or English
- With internet connection and able to access the internet
- Does not register to Jockey Club TourHeart+ Project or participate in related research projects
- With moderate-severe GAD-7 a/o moderate-severe PHQ-9

Exclusion (5)

- People who are under 17 years old
- Cannot access the internet
- Existing users of Jockey Club TourHeart+ Project or participate in related research
- Without moderate-severe depressive or anxiety symptoms
- With suicidal risk

Locations (1 total)

Diversity and Well-being Lab, Dept of Psychology, CUHK, Shatin, N.T., Hong Kong