



Hello,

My name is Ron Rogge, and I am an Associate Professor of Clinical Psychology at the University of Rochester. With one of my colleagues, Brooke Dubler, I am developing an online service to help therapists get a better sense of how clients are functioning at various points throughout treatment. We hope this will help enhance the quality of clients' work with their therapists. To help develop this service, we are currently recruiting for a research project.

Your therapist is interested in having you complete a Mindflex assessment as part of this research study. To give you a sense of what that will entail, here are some basic details on the project.

### **The Mindflex Assessment Project:**

- Is VOLUNTARY
  - You can choose to stop at any time
  - You can choose to skip any questions you find uncomfortable
- Is CONFIDENTIAL
  - Your responses to individual items will not be shared
  - Your therapist will get a summary of your results
    - (this will be in the form of a Mindflex profile which will aggregate responses across sets of questions into standardized scores and plot them in a graph to show your therapist how your current levels of functioning compare to thousands of other people)
- Involves completing SHORT ONLINE FORMS
  - Your therapist will first enroll you in the project
    - You will need to fill out a release form
    - Your therapist will share some basic information about your case
  - You will then complete a Mindflex assessment
    - Takes 15-20min
  - The project team will then send your therapist a Mindflex profile
    - Showing how you compare to thousands of other people on:
      - How flexibly or inflexibly you handle life's daily challenges
      - Your levels of well-being
      - Your levels of depressive and anxious symptoms
- Includes optional follow-up assessments
  - As often as each therapist finds useful
  - You will be invited to complete a second assessment 8 weeks after your first
  - These are also completely VOLUNTARY

I hope you will consider participating in this study. Please feel free to discuss this with your therapist if you have any questions or concerns. You may also contact us directly at [staff@mindflex.org](mailto:staff@mindflex.org).

Thank you for your time,  
Ron Rogge