



Do You Have Knee Arthritis and Feelings of Depression?

Researchers invite you to join a study developing a mind body program specifically for those with knee osteoarthritis and feelings of depression or anxiety. Unfortunately, feelings of depression or anxiety are common for those with knee arthritis, and 1 in 3 people report that their knee osteoarthritis pain impacts their emotional wellbeing. Participants will be asked to complete a 6-week online program which includes group sessions with others suffering from knee arthritis. You will not need to stop any other treatments you are receiving for your knee, and the study does not involve any experimental medications. Participants will be compensated upon completion of the study.

You may be eligible to participate if you:

- Are over 45 years old
- Have been diagnosed with knee osteoarthritis
- Have feelings of depression or anxiety

**For more information, scan the QR
code or visit the website below:**

uksportsmed.wixsite.com/getthealthy-oa

Cale Jacobs, PhD
cale.jacobs@uky.edu
859-797-8197



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