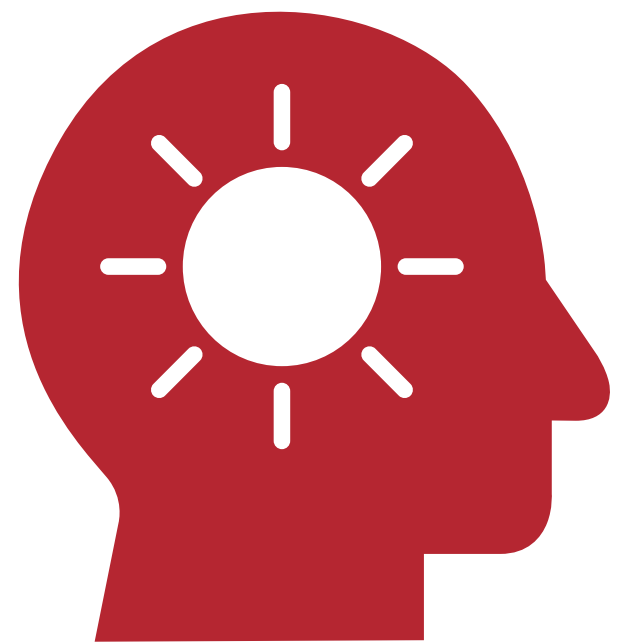




# Student Psychological Intervention Trial (SPIT)

The North West of Ireland has very high rates of mental health disorders and suicide. For many people, the symptoms related to these disorders start to develop during their late teens and early 20s. This study will investigate whether a recently developed web-based intervention is effective in alleviating the symptoms of anxiety and depression to determine whether the addition of an internet intervention to the current student mental health services would enhance support options and increase help-seeking among students with mental health problems.

The CHITIN project has received €8.84m from the EU's INTERREG VA Programme, which is managed by the Special EU Programmes Body (SEUPB).



## Contact:

Dr Elaine Murray  
Ulster University

Email: [e.murray@ulster.ac.uk](mailto:e.murray@ulster.ac.uk)

[www.research.hscni.net/chitin](http://www.research.hscni.net/chitin)

 [@CHITINProject](https://twitter.com/CHITINProject)