In the study

Eligible *Bypassing the Blues* participants may begin a program designed to help bypass patients avoid or overcome depression following surgery.

Treatment is based on study participants’ interests and may include a nurse telephoning to:

- Monitor mood and depressive symptoms
- Review a video or workbook on depression
- Discuss anti-depressant medications that may be prescribed by a primary care physician.
- Arrange referral to a mental health specialist if necessary

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**Bypassing the Blues**

A Study to Improve the Quality of Life Following Cardiac Bypass Surgery

Funded by the National Heart, Lung, and Blood Institute.
What is Bypassing the Blues?

Bypassing the Blues is a research study funded by the National Heart, Lung, and Blood Institute.

The goal of this study is to examine if quality of life after cardiac bypass surgery can be improved by monitoring and treating patients “blue” mood and depressive symptoms.

Our study is a cooperative effort by doctors, nurses, and other healthcare professionals from several Pittsburgh area hospitals who are interested in helping cardiac bypass patients live life to its fullest.

Why should I participate?

• “Blue” mood and depressive symptoms after bypass surgery can increase recovery time, risk of hospital re-admission, and mortality.

• Even if you do not feel “blue” or have any depressive symptoms, volunteering your time for our study may help doctors care for future patients like yourself.

Symptoms of “BLUE” mood or Depression

• Sad, empty, or anxious mood
• Fatigue or loss of energy
• Feeling guilty, hopeless, or worthless
• Feeling irritable or restless
• Trouble concentrating, remembering, or making decisions
• Loss of interest or pleasure in activities
• Eating too much or too little
• Sleeping too much or too little
• Thoughts about death or suicide

Questions & Answers

Q  Will I have to travel to study appointments?
A  No. Your first appointment is in the hospital while you recover from your surgery. All follow-up appointments are by telephone from the comfort of your home.

Q  Will I have to take medications?
A  No. You are not required to take anti-depressant medications to participate in this study. Our study does not use placebos (“sugar pills”) or experimental treatments.

Q  What if I am not depressed?
A  We also want to include patients without “blue” mood or depressive symptoms so we can compare their experiences with those of depressed patients.

Q  How do I get involved in the study?
A  Ask your doctor or nurse about Bypassing the Blues before you leave the hospital or call 412-692-2659.