



 **THINC-it<sup>®</sup>**  
PARTICIPANT LEAFLET

# This participant leaflet describes why your doctor has asked you to use THINC-it® tests, what they are and what the results mean

## 1. Why am I being asked to complete THINC-it® tests?

The THINC-it® tests will be used by your doctor to understand how depression may be affecting areas of your daily life such as memory, concentration and attention.

Below is a description of the key areas that are often affected by depression.

SKILLS INVOLVED	
 <b>Attention</b>	The ability to concentrate on a particular object, action or thought
 <b>Memory</b>	The capacity to remember events and facts
<b>Executive function</b>	The ability to plan and organise your thoughts

It is common for these areas to be affected in depression and this can impact on your ability to perform daily tasks, productivity at work and quality of life. These areas may also be affected when you feel better.

## 2. What is THINC-it®?

THINC-it® includes five quick and effective tests to assess your ability to think, remember and concentrate.



THINC-it® takes ~10–15 minutes to complete. Your doctor will explain how to do the tests before starting and discuss your results after you have completed them.

It is recommended that you complete the tests in a comfortable, well-lit, quiet area, free from interruptions or distractions.

THINC-it® includes four games and one questionnaire for you to complete.

## TEST

### SPOTTER

Choice Reaction  
Time game



### SYMBOL CHECK

*n*-back working  
memory game



### CODEBREAKER

Digital Symbol  
Substitution Test game



### TRAILS

Trail-Making  
Test game



### PDQ-D5

5-item  
questionnaire



## AREAS TESTED

This game measures your ability to concentrate

This game assesses your ability to remember

This game measures a number of different cognitive skills, and especially your ability to solve problems and concentrate

This game measures your ability to plan and solve problems by assessing how you find your way through a trail of numbers and letters

With this brief questionnaire, your own views on your thinking, memory and concentration skills are assessed

## 3. What do the THINC-it® results mean?

Once you have completed the tests, THINC-it® produces results that are easy to understand.

Your results are compared with average scores from people with depression and healthy individuals, and are presented in a simple traffic-light system.

The results will inform your doctor about how depression is affecting your memory, concentration, attention and executive function, and will help you and your doctor make decisions regarding the best course of treatment for your symptoms.

