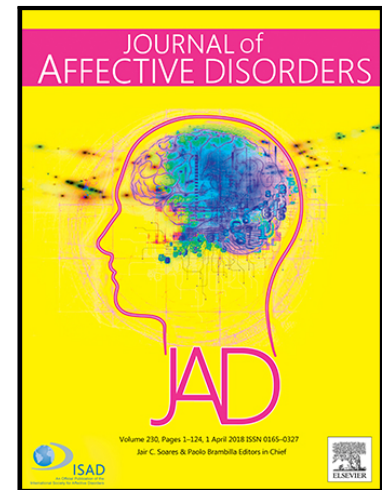


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Bridging the “digital divide”: A comparison of use and effectiveness of an online intervention for depression between Baby Boomers and Millennials

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Highlights

- Few older adults receive empirically-based treatments (EBTs).
- Use and effects of an online Intervention for depression were examined.
- Adults ages 50-65 used the intervention more often and for a longer duration.
- There were no age-related differences in the effects of the intervention.
- Older participants reported more positive perceptions of online interventions.
- Online interventions may help to increase older adults' access to EBTs.

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