More information on mindfulness:
- www.stressedteens.com
- www.susankaisergreenland.com

Institute for Juvenile Research

For information, contact:

Amy Peters
Institute of Juvenile Research
1747 W. Roosevelt Road
Chicago, IL 60612
Phone: 312-413-9178
E-mail: apeters@psych.uic.edu

Has your teenager ever been depressed? Have you noticed your teenager feeling sad?

Are you looking for ways to help keep your child happy and healthy? We can help!

Study scientist: Rachel Jacobs, PhD
http://www.psych.uic.edu/brain-center/research_depression.html
About the Study

**What is mindfulness?**

Mindfulness is about paying attention to each moment and observing your thoughts and feelings.

**What do we know about depression in adolescents?**

Despite effective treatments for adolescents with depression, relapse is common.

**Why might mindfulness help?**

Mindfulness has been found to protect adults from recurrent depression.

Mindfulness changes the way you approach your thoughts and helps you

---

**Eligibility**

*Who can participate?*

- Adolescents between the ages of 12 and 18
- Must have a history of depression or sad moods
- Have NO braces or metal in the body
- Are NOT afraid of small spaces

**Procedures**

*What will this study involve?*

- Brain scan
- Questions about mood and behavior
- Possibility of 8 weekly treatment sessions using mindfulness
- Ongoing assessment of depression for the next 2 years

---

**What are the potential risks?**

- No major risks
- Minor discomfort in brain scanner
- Boredom or fatigue during testing
- Possible embarrassment from study questions

---

**What are the benefits?**

- Possibility for weekly meetings with an experienced therapist
- Receive intensive assessments of your child’s health for the next 2 years
- Help advance an important scientific field

*All participants will be reimbursed for their time.*