Does your child have a history of depression?

The Pediatric Mood Disorders Program at the University of Illinois at Chicago is conducting a research study examining how mindfulness can help teenagers stay healthy and prevent depression relapse. Mindfulness involves being present and focused in the moment.

Participants must:

- Be between the ages of 12 and 18
- Have a history of depression or sad mood
- Have NO braces or metal in the body
- NOT be afraid of small spaces

Study involves:

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

The brain scan is a safe procedure for children. All visits to lab will take up to 3 hours.

Eligible participants will be compensated for their time.