More information on mindfulness:

- www.stressedteens.com
- www.susankaisergreenland.com

For information, contact:

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http://www.psych.uic.edu/brain-center/research_depression.html

MIND: Mindfulness Intervention to study the Neurobiology of Depression

Have you ever felt down or depressed?

Want to learn about how teenagers can use their minds to stay happy and healthy?

We can help!
About the Study

Eligibility
You may qualify for the study if you:
- Are between 12 and 18 years old
- Have a history of depression or sad moods
- Have NO braces or metal in the body
- Are NOT afraid of small spaces

Procedures
During this study you will:
- Get a brain scan
- Answer questions about mood and behavior
- Meet with a therapist
- Possibly receive 8 weekly treatment sessions using mindfulness
- Receive ongoing assessment of depression for the next 2 years

Are there any risks?
- There are no major risks
- Brain scanner may feel uncomfortable
- You may get bored or tired during testing
- Possible embarrassment from study questions

What are the benefits?
- Possibility for weekly meetings with experienced therapist
- Receive close monitoring of depression for 2 years
- See a full image of your brain
- Help advance an important scientific field

All participants will be reimbursed for their time.

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

What do we know about depression in teenagers?
Even though many treatments work for teenagers with depression, it's common to become depressed again.

Why might mindfulness help?
Mindfulness has been found to protect adults from becoming depressed again.

Mindfulness changes the way you approach your thoughts and helps you to pay more attention to the positive.