

# DO YOU HAVE A TEENAGER WITH Depression?

## NIH Research Study



**This research study seeks to find causes and treatments of depression in teenagers.**

The study's goals are to increase our knowledge of treatments for depression, and understand what changes occur in the brain when teenagers have depression. The study will also compare teenagers with depression to those without mental health diagnoses as they grow up.

All evaluations, clinical assessments, research tasks, brain imaging, and inpatient (day or full hospitalization) and outpatient visits are free of cost. Both parents and teen must agree to the teen's participation. Teenagers with depression are eligible even if they are taking medication.

Teens are compensated for research activities. Schooling is provided during inpatient care. The studies are at the NIH in Bethesda, MD and enroll participants from the local area and from across the United States. Travel and lodging expenses are paid by NIMH.



Department of Health & Human Services  
National Institutes of Health  
National Institute of Mental Health  
Protocol #18-M-0037

## This study is currently recruiting participants who:

- are depressed, ages 11 to 17, and medically healthy
- have a pediatrician or other medical provider
- are able to perform research tasks that include brain imaging, computer tasks and behavioral & psychological testing
- are not currently hospitalized, psychotic, or actively suicidal

## Study participation may include:

Participation begins with an outpatient evaluation that includes clinical assessments, interviews, and questionnaires.

### Outpatient Visits

These visits may include paper-and-pencil and computer tests of mood, memory, and thinking; specialized computer games; and structural and brain imaging.

If eligible, study participants may return several times a year, up to age 25. This part of the study does not involve treatment.

### Treatment (Inpatient or Outpatient)

Participation includes cognitive-behavioral therapy and, if indicated, standard medications. Research includes computer tasks and brain imaging. Schooling will be provided while on the inpatient unit or in day treatment.

Based on clinical judgement, participants may be eligible for inpatient or outpatient treatment. When clinically indicated, inpatients continue their care as outpatients.

## Join A Study

For further information contact: Argyris Stringaris, M.D. or Kenneth Towbin, M.D.

**1-301-827-1350**

TTY: 1-866-411-1010

Email: [depressedkids@mail.nih.gov](mailto:depressedkids@mail.nih.gov)

[www.nimh.nih.gov/TeenDepressionStudy](http://www.nimh.nih.gov/TeenDepressionStudy)

**DEPRESSEDKids**  
Intramural Research Studies at NIMH