



## Why Participate in Research?

You will have the opportunity to receive family and/or individual/group therapy treatments, monitoring and education.

Your participation in research may help contribute in ways that will help young people with mental health concerns in the future.

## Learn More

### About Us

If you are interested in learning more about our studies, please contact the study staff. They will be happy to answer your questions and provide you with more information.

### Contact Us

At-Risk for Mental Illness Research Program  
Mathison Centre for Mental Health Research & Education at the University of Calgary

Phone: 403-210-8740

Email: [naps@ucalgary.ca](mailto:naps@ucalgary.ca)

Fax: 403-210-9304

*The University of Calgary Conjoint Health Research Ethics Board has approved our research studies (REB20-0983, REB20-2133, REB21-0535)*



# At-Risk for Mental Illness Research Studies





## Currently Recruiting

We are currently recruiting young people who are concerned about the possibility of developing psychosis.

### What is the purpose of our studies?

Mental illness affects many individuals and often begins to develop in adolescence or young adulthood. This can lead to challenges with school, work and relationships. The primary purpose of our studies is to:

- Identify predictors and mechanisms associated with transition to psychosis
- Examine the effects of different courses of treatment in improving symptoms in adolescents and young adults who are at clinical high risk for psychosis

We are seeking young people concerned about the possibility of developing psychosis to participate in a number of our ongoing research studies.

## Eligibility

Some individuals may be at higher risk of developing psychosis than others. Our studies are recruiting people who have experiences or circumstances that may put them at higher risk.

**You may be eligible for our studies if you meet the following criteria:**

- Ages 12-30
- Noticing a recent change in thinking, behavior, or experiences, such as:
  - Confusion about what is real or imaginary
  - Feeling not in control of your own thoughts or ideas
  - Feeling suspicious or paranoid
  - Having experiences that may not be real, such as hearing sounds or seeing things that may not be there
  - Having trouble communicating clearly

## What Would I Do?

You would first meet with the study staff for an interview to determine if you are eligible for any of our studies. You would then be offered participation in one or more of our ongoing research studies. Currently, these are:

### ProNET: Psychosis Risk Outcome Network

This is an assessment and monitoring study that aims to increase understanding of mental health concerns in young people and how to prevent the development of a more serious mental illness.

### UPLIFT: Family-Focused Treatment

This study will examine the effects of family-focused treatment in improving symptoms in adolescents and young adults who are at clinical high risk for psychosis.

### Stepped Care Project for Clinical High Risk

This study will compare different kinds of therapy, including individual or group-based therapies, to see what type of treatment may help people to feel and function better.