



Why Participate in Research?

You will have the opportunity to receive family and/or individual 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 the UPLIFT study, 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
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The University of Calgary Conjoint Health Research Ethics Board has approved this research study (REB20-0983)



UPLIFT Study

*Family-Focused Treatment
for Individuals at Clinical High
Risk for Psychosis*





Currently Recruiting

The UPLIFT study is recruiting young people who are concerned about the possibility of developing psychosis and their families.

What is the purpose of this study?

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 this study is to:

- Examine the effects of family 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 and their families (parents and siblings) to participate in family-focused treatments to determine if they can help with the young person's mental health concerns

Eligibility

Some individuals may be at higher risk of developing psychosis than others. This study is recruiting people who have experiences or circumstances that may put them at higher risk.

You may be eligible for this study if you meet the following criteria:

- Ages 12-25
- At least one family member willing to participate
- 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 the study. You would then be randomly assigned to one of the following:

Family-Focused Treatment

You and your family member(s) will learn about coping with symptoms (what they are, what causes them and how to treat or prevent them) and new ways to communicate

Enhanced Care

You and your family will participate in family education sessions and then you will see a therapist independently. Your therapist will help you develop a plan that specifies what you and your family members can do to recognize and cope with symptoms, and how the family can help to support your efforts to function at your best