



## Why Participate in Research?

You will have the opportunity to receive individual and/or 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 the STEP-CHR study, please contact the study staff. They will be happy to answer your questions and provide you with more information.

### Contact Us

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*The University of Calgary Conjoint Health Research Ethics Board has approved this research study (REB21-0535)*



## A Framework For Research in Emerging Adults

*Stepped Care Project for Clinical High Risk (STEP-CHR)*





## Currently Recruiting

The STEP-CHR study is recruiting young people who are concerned about the possibility of developing psychosis.

### 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:

- Compare different kinds of therapy, including individual or group-based therapies, to determine the most effective and efficient ways to offer treatments that may help people to feel and function better, and address their mental health concerns.

We are seeking young people concerned about the possibility of developing psychosis to participate in this study.

## 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
- 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 take part in the step model of treatment:

**Step 1:** You can first choose either: a) weekly individual, or b) weekly group-based education and support sessions. In addition, for participants who have a family available they can also participate in weekly sessions of brief family education.

**Step 2:** Following the first step, depending on symptoms and/or functioning, participants can move to the second step which includes the options of either: a) Individual Cognitive-Behavioural Therapy (CBT); or b) Cognitive-Behavioural Social Skills Training (CBSST) group therapy.