



Child Mind  
Institute

## Do you want to learn more about your child's sleep, physical activity and mood?



The Child Mind Institute is collaborating with the National Institute of Mental Health on a new year-long research study that will track mood, sleep patterns and motor activity in youth in order to advance existing research in identifying links between mood disorders and these domains.

### Who can participate in this study?

- Adolescents between the ages of 11 and 14 years old who previously completed the Healthy Brain Network study
- Families with concerns about sleep patterns, emotions, moods and behaviors

### How does my family benefit from being a part of the study?

- Families will receive up to \$320 over the course of participation, and teens will receive up to \$300 for completing at-home diary cards on a mobile application between in-office study visits.
- Families will also receive **quarterly personalized feedback reports** and will be invited to attend **no-cost webinars on mental health, physical health and sleep hygiene with experts in the field**. These webinars will provide families with live feedback and recommendations about their teen's patterns and behaviors. Families will receive a final feedback report as well after their last in-office study visit.

# What specifically will my family have to do?

You will be expected to complete 12 visits over the course of one full year. This is a year-long commitment, and our research team will do our best to help accommodate families and their preexisting schedules.

## FAMILIES CAN EXPECT TO ATTEND:

- 4 in-person visits lasting 2-3 hours each where you will complete assessments similar to those you completed in the past with the Healthy Brain Network.
- 8 remote visits lasting up to 30 minutes each where you will complete questionnaires online and meet briefly with a member of our research team.

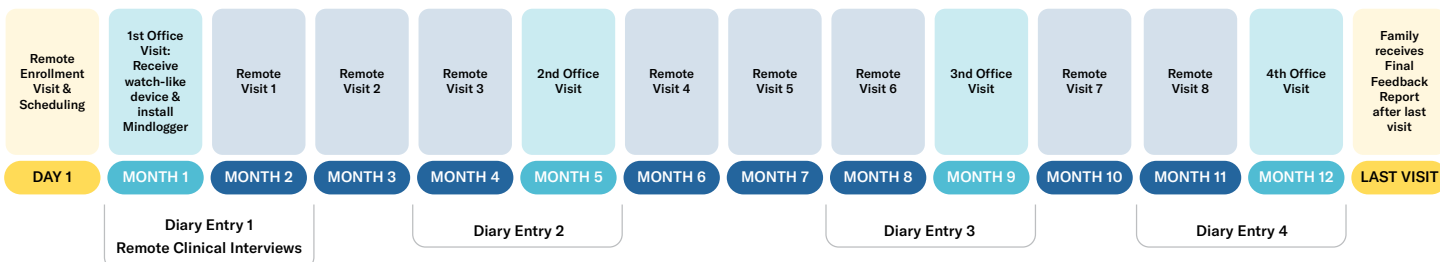
## FAMILIES CAN EXPECT AT-HOME ACTIVITIES BETWEEN VISITS SUCH AS:

- Your child will be expected to wear a watch-like device on their wrist that will track their sleep and physical activity over the full year of the study. Some parents/guardians may be asked to wear this device as well. This watch-like device will be worn for the full year of the study and will be recharged at home.
- While wearing the watch-like device, your child will also complete daily diary cards on their mobile device. They will use the Child Mind Institute's in-house mobile application, MindLogger, four times throughout the study for a duration of 15 days each time.
- Families will complete a parent and child remote clinical interview after their first office visit with one of our R&B clinicians.

## Study Timeline:

### Remote Visits, Office Visits, and at-Home Activities

Watch-Like Device is worn consistently and recharged throughout study timeline



To get more information or enroll in the study please contact our Research Team:

email [RnB@childmind.org](mailto:RnB@childmind.org) or call (347) 281-7213