

What does CALMS offer?

- Twelve weeks of free family therapy with a trained family therapist
- Education about stress, symptoms, and individual and family coping strategies.
- Stress reduction skill practice
- Monthly symptom monitoring
- Selective care management



Principal Investigator: Kristen A. Woodberry, MSW, Ph.D. is a licensed clinical psychologist with over 20 years of experience working with families. She is the Director of the Program for Psychosocial Protective Mechanisms in the Commonwealth Research Center at Beth Israel Deaconess Medical Center and an Instructor at Harvard Medical School.

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Study Location

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HARVARD MEDICAL SCHOOL
Department of Psychiatry



Beth Israel Deaconess
Medical Center

CALMS



Computer-Aided Learning for Managing Stress

CALMS is a new, experimental family treatment to help young people with changes in their mental health **learn to lower the stress** they experience.

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Are you or is someone you care about...

- Having trouble thinking clearly?
- Having ideas that others may find unusual or too intense?
- Feeling suspicious or uneasy around others?
- Withdrawing from friends and family or spending a lot of time alone?
- Having strange feelings or no feelings at all?
- Neglecting personal hygiene or self-care?
- Feeling more sensitive to sights or sounds, or mistaking noise for voices or messages?

If you answered “yes” to any of the above questions, you/they may be eligible for **CALMS!**



What does CALMS entail?

CALMS is designed for two or three people who are important to each other, one of whom is between the ages of 12 and 30.

1. **Screening Interview** (3-4 hrs) to see if the study is a good fit
2. **Treatment Sessions** (1 hr each)
 - Twelve family therapy sessions over 3-4 months
 - Learning to lower your heart rate while playing video or other games
 - Learning to interact with your family members to lower stress
3. **Four Monthly Assessments** (2-2.75 hrs each for the youth; 1-1.5 hrs each for family members)
 - Interview and questionnaires
 - Three-minute resting heart rate
 - Five-minute audiotape of parent talking about youth (only once at beginning)
 - Ten-minute videotaped interactional task (only twice, at beginning and end)

How much does CALMS cost?

There is **no cost** for participating in CALMS. In fact, eligible participants actually **get paid** for completing study assessments!

Youths are reimbursed...

- \$35 for the screening interview
- \$40 for the baseline assessment
- \$30 for the second assessment
- \$35 for the third assessment
- \$40 for the final assessment

In total, youths who complete all assessments will be paid up to \$180.

Family members are reimbursed...

- \$25 for the baseline assessment
- \$15 for the second assessment
- \$15 for the third assessment
- \$25 for the final assessment

In total, family members who complete all assessments will be paid up to \$80.

