

## RESEARCH OPPORTUNITY

NAMI is committed to improving the lives of people impacted by mental health conditions through effective treatments, equitable public policies, and greater knowledge and understanding in society. Research is essential to advance each of these goals. When NAMI is approached to be involved in research of any type, at any level, we take it very seriously. NAMI's Chief Medical Officer Dr. Ken Duckworth and Chief Program Officer Dr. Teri Brister thoroughly review the research protocols and methodology and the documentation that the study has been approved by an Institutional Review Board (IRB) to assure the safety of those involved.

NAMI does not accept financial compensation for recruiting research participants. NAMI also does not endorse any products or treatments. We share these research opportunity notices with you, our field leaders, to distribute at your discretion if you believe that members of your community may be interested in participating in these studies.

If you have questions about research at NAMI, please visit [NAMI.org/research](https://www.nami.org/research) or email [research@nami.org](mailto:research@nami.org).

## WHAT IS THE STUDY?

This study is a randomized controlled trial for young adults (18-30 years old) with serious mental illness (SMI), designed to test the effectiveness of a distance-based intervention for improving community participation. The intervention includes 1-1 phone call or video meetings with a recreational therapist every other week and access to a moderated online peer support group for study participants. Participants will be randomized to either: 1) the intervention group or 2) the control group, which will receive self-directed information about community engagement without therapist or peer support. All participants will be involved in the study for about 6 months and complete 3 virtual, hour-long interviews about their experiences. Participants will receive a \$30 gift card for each completed interview. The goal of this study is to support young adults with SMI who are interested in engaging more with their community.

## WHO CAN PARTICIPATE?

Participants may be eligible for this study if they are:

- Aged 18-30 and diagnosed with a serious mental illness (bipolar disorder, major depression, or a schizophrenia spectrum disorder)
- Willing to participate in a distance-based community participation intervention which involves a social media peer support group and virtual meetings with a recreational therapist
- Able to access a cell phone

There will be 90 people participating in this study.

## WHERE IS THE STUDY TAKING PLACE?

This study takes place virtually; participation may occur from anywhere in the United States.

## HOW DO I LEARN MORE?

The documents attached have additional information about the study. If you have questions or would like more information, please refer to the study website (<https://sites.temple.edu/connectionsrx/>) or contact the researchers at [connectionsrx@temple.edu](mailto:connectionsrx@temple.edu).