

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://nami.org/research) or email research@nami.org.

WHAT IS THE STUDY?

This is a clinical trial for adults with bipolar disorder who experience issues with sleep or daily routines. The trial will test whether two forms of healthy eating – Time-Restricted Eating (TRE) and the Mediterranean diet – can help reduce mood symptoms and improve quality of life. Interested individuals will complete a two-part screening process involving an online questionnaire and one interview via phone or Zoom (up to 90 minutes total). Eligible participants will be randomly assigned to follow either TRE or the Mediterranean diet for 8 weeks. Participants will complete up to 25 hours total of surveys, interviews, and food, sleep, and mood logs while following the food plan and at 3, 6, and 12 months after stopping the food plan. Participants who complete all parts of the study will receive up to \$598 in compensation.

WHO CAN PARTICIPATE?

Individuals may be eligible for this study if they:

- Are 18-65 years old and diagnosed with and receiving treatment for bipolar disorder
- Experience issues with sleep or keeping daily routines
- Have access to a working smartphone with a camera

The researchers are seeking 450 people for this study.

WHERE IS THE STUDY TAKING PLACE?

This study can be completed in-person in Berkeley, CA or remotely for individuals located anywhere in the U.S., Australia, Canada, the UK, or India.

HOW DO I LEARN MORE?

The study flyer includes additional information. If you have questions, would like more information, or are interested in starting the screening process, please visit <https://calm.berkeley.edu/healthy-lifestyles-bipolar-disorder/> or contact the researchers at calmprogram@berkeley.edu.