

## Mental Health Research Studies for Children

[www.nimh.nih.gov/JoinAStudy](http://www.nimh.nih.gov/JoinAStudy), 301-496-5645 (TTY 1-866-411-1010)

### **ANXIETY DISORDERS**

**Anxiety Disorders** (Outpatient: 8-weeks) This study seeks to learn how the brain functions in children and adolescents with anxiety or depression. This study compares the effectiveness of the drug fluoxetine versus cognitive behavioral therapy (CBT) or placebo. Recruiting ages 8-17. [01-M-0192]

### **DEPRESSION**

#### **\*Depression in Teenagers:** (Outpatient & Inpatient)

This study seeks to find causes and treatments of depression in teenagers. The study is recruiting participants ages 11-17 who are depressed and have a pediatrician or medical provider. The study begins with an outpatient evaluation (clinical assessment, interviews, and questionnaires). Annual outpatient visits may include assessments, research tasks, and brain imaging, up to age 25. Eligible participants, if clinically indicated, may receive treatment (inpatient or outpatient) of evidenced-based cognitive-behavioral therapy (CBT), or standard medicines. (18-M-0037)

### **DISRUPTIVE MOOD DYSREGULATION DISORDER (DMDD)**

(Outpatient: Initial sessions of 12-16 weeks) This is a study to find out whether non-drug interventions can be effective for children who have anger, irritability, angry outbursts, extreme frustration, or temper tantrums. The research seeks to learn whether computer-based training or by talking with a clinician and practicing at home can help these children. Recruiting ages 8 to 17. [15-M-0182]

### **IRRITABILITY**

#### **\*Descriptive Study of Severe Irritability/Severe Mood Dysregulation, SMD**

(Outpatient: 1-day evaluation and may include follow-up visits until age 25) This study describes, over time, the moods and behavior of children and the associated brain changes. Participants must be in treatment with a physician, medically healthy, and not currently hospitalized, psychotic or suicidal. Symptoms include chronic anger, sadness, or irritability, along with hyperarousal (such as insomnia, distractibility, hyperactivity) and extreme responses to frustration (such as frequent, severe temper tantrums). The study procedures include research & computer tasks, neuropsychological testing and brain imaging. Recruiting ages 7-17. [02-M-0021]

### **X&Y CHROMOSOME VARIATIONS**

**NIH Behavior and Brain Imaging Research Study** This study is currently enrolling children and young adults with X & Y chromosome variations. Participation includes an initial 2-day outpatient visit and a visit every 2 years to the NIH Clinical Center in Bethesda, Maryland. Recruiting ages 5 to 25. [89-M-0006]

### **Healthy Volunteers**

#### **Puberty & Brain Development**

(Outpatient: 1-3 days, every 8-10 months until age 17) This study examines how puberty affects brain development. Participation includes a physical examination, body measurements, questionnaires, MRI scans, blood draws, urine collection and x-rays. Recruiting 8 years of age, without a chronic medical or psychiatric illness, or any long-term medication. [11-M-0251]

*\* These research studies enroll eligible participants from across the United States and transportation, travel arrangements, and lodging are provided.*