

# USE OF MOBILE HEALTH TO MEASURE RESPONSE TO ANTIDEPRESSANT TREATMENT IN ADOLESCENTS

## WHO ARE WE AND WHAT ARE WE DOING?

The University of Maryland Baltimore – School of Pharmacy research team is conducting a study to understand if mobile health technologies (apps) can be used to learn more about mood, sleep and physical activity in teens with depression. The information collected will guide the development of future research to improve the health of teens with depression.

## WHO CAN JOIN THE STUDY?

We are looking for teens and their caregivers to participate together in our study.

If your child is:

- ages 12-17 years old
- is currently taking or about to start treatment with antidepressants
- has access to a smart phone or a tablet, and data plan or WiFi



Then you and your child might be a good fit for our study!

## WHAT WILL YOU BE ASKED TO DO?

This study will involve:

- 1) Attending three virtual visits for basic assessments at the beginning, middle and end of the study. All assessments will be conducted virtually by phone or videoconference.
- 2) After the initial assessment you and your child will use an app, specially designed for this study, for 4 weeks. Through the app you and your child will answer questions, 3 times a week, regarding your child's sleep, mood, physical activity, and medication use.
- 3) A FitBit wrist band will be mailed to your child to record his/her sleep and daily physical activities. Your child will be asked to wear the wrist band for 4 weeks, while using the app.

The app will only ask questions during non-school time. It won't take more than 5 minutes for you or your child to answer all questions each time.

## OUR PROMISE TO YOU

If you and your child choose to participate, and your child is eligible, a FitBit wrist band will be mailed to your child. Your child will get to keep the FitBit at the end of the study. In addition, you and your child may receive compensation up to \$300 for using the app during the 4 week period, upon study completion.

Whether or not your child participates in this study, their care will continue as usual. Participation is voluntary. We will always respect you and your child's privacy.

## FOR MORE INFORMATION, PLEASE CONTACT:

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