

STRESS REDUCTION SEMINAR FOR GAY MEN

NO COST

PURPOSE: This is a research project, funded by the AIDS Clinical Research Center at the University of California, San Francisco. The study will determine if stress reduction will help to enhance the immune systems of men who have been infected with the AIDS virus.

LEADERS: The project directors are Leon McKusick, Ph.D., and Thomas J. Coates, Ph.D. Both are on the UCSF faculty and maintain psychotherapy practices with gay men coping with the stress of AIDS.

REQUIREMENTS: Men admitted to the project must be *positive* for antibody to the AIDS virus and generally free of AIDS/ARC symptoms. All prospective participants will be asked to complete questionnaires and to participate in a screening interview. If you are eligible, you will then be assigned at random to one of two groups, with treatment starting in the winter of 1987.

WHAT WILL HAPPEN: The study is based on the premise that stress reduction will improve immune function or delay the deterioration of immune function. We will meet as a group for eight consecutive weeks for one-and-a-half hours. A variety of stress reduction strategies will be taught and practiced, including meditation, self-hypnosis, assertiveness, and anger management. We will also talk about and encourage physical exercise, positive supportive relationships and good nutrition. After four weeks, we will have a one-day retreat for intensive practice of the stress reduction techniques.

MEETING TIMES: The group will meet on Thursday evenings from 5:30 to 7:00 PM. The retreat will be held on a Saturday from 9:00 AM to 4:00 PM.

COST: There is no cost for participation as the project is underwritten by research funds.

CONFIDENTIALITY: All information and data collected in the course of the project are *completely confidential*. The information does *not* go into medical records.

FOR REGISTRATION OR INFORMATION: Call Leon McKusick at 552-6356. We will send you a short questionnaire to complete and return. Registration is limited.
