

Sample of Introduction (aka Heads Up) Letter for the Juvenile Anxiety Study

Dear Parents/Guardians of Twins,

We are sending this letter to let you know that we will be contacting you soon by phone regarding a new study opportunity for MATR twins. The MATR is collaborating with Drs. Hettema and Roberson-Nay and their colleagues at Virginia Commonwealth University on a study about factors that impact the development of internalizing disorders, such as depression and anxiety. The research team hopes to recruit juvenile twin pairs and their parents/legal guardians. Participants are selected for study invitations based on the ages of the twin pair and potential proximity to the research sites. The study will need twins with and without signs of behaviors related to internalizing disorders.

Why is this study necessary?

Internalizing disorders can greatly reduce the quality of life of the individuals that are affected by them as well as their family and friends. Very little is known about why some individuals develop internalizing disorders and others do not. This study has the potential to not only provide a deeper understanding of these causes, but also to pioneer new ways in which doctors attempt to treat and prevent conditions like depression and anxiety.

How do you participate?

A Mid-Atlantic Twin Registry (MATR) Research Interviewer will call you soon about this study. MATR Research Interviewers always identify themselves by name and say that they are calling from Virginia Commonwealth University and/or from the Mid-Atlantic Twin Registry. During the call the Interviewer will provide information about the study, such as what participation involves and about study compensation. S/he will then request your permission to ask a short series of questions about your twins and ask if you would be interested in having the study contact you with more information. The entire phone call will take approximately twenty minutes.

Do you have to participate?

You do NOT have to participate in the phone call or the study. We are sending this letter just to let you know to expect to hear from us. Please keep in mind that even if you do not want to participate in the phone call, it is helpful to answer or return our call so that you can tell us that you prefer not to participate in this study. That way, we know not to try and call you back or contact you further about this study.

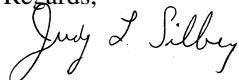
How do you tell us that you may want to participate in this call?

You're welcome to call our toll-free MATR number, provided below, and leave us a message letting us know you are interested in hearing from us. Included with this letter, we have provided a form that will allow you to update your contact information and preferences. You may return this form using the enclosed, self-addressed, postage-free envelope.

Questions for the MATR?

Please call our toll-free telephone number, 1-800-URA-TWIN (1-800-872-8946). When calling, please say that you are calling in regards to the Juvenile Anxiety Study (JAS).

Regards,



Judy Silberg, Ph.D.
Scientific Director, Mid-Atlantic Twin Registry