

# Juvenile Anxiety Study (JAS)—A Twin Study— General Study Information

This document is to give you some *general* information about the study we either will be contacting or will have contacted you about. Much of this information will be discussed in our phone conversation with you about the study.

## ***Who is doing this research and why is the study needed?***

The National Institutes of Health (NIH) has provided grant funding to Drs. Hettema & Roberson-Nay (researchers at VCU) to research the development of internalizing disorders (IDs), such as anxiety and depression. This is important because IDs impact a large portion of our population and thus society. While advances have been made on finding ways to treat these conditions there is still much that is not known about why some individuals develop IDs as well as why some with IDs seem to experience longer bouts and more intense anxiety and depression than others. Improved research techniques now offer researchers opportunities for an even deeper level of understanding about ID development. Specifically, this study is being conducted to learn more about the genes and other factors that could influence the likelihood of someone developing an internalizing disorder. To help accomplish this, the researchers are inviting parents/legal guardians and their twins, ages 9 through 13 years old, to participate in this study. The researchers hope that information gained by your participation will provide groundbreaking insights into how and why some individuals develop internalizing disorders. They ultimately hope that their findings will lead to improved treatment programs and potentially to the development of early interventions to prevent or minimize the severity of internalizing disorders.

## ***Who can participate?***

- Generally healthy, full pairs of Caucasian twins currently within the age range of 9 through 13 years old; the study will need twins with and without signs of behaviors related to internalizing disorders.
- Parent(s)/Legal Guardian(s) of the twin pairs

## ***What does participation involve?***

- ***All levels of participation are voluntary.***
- Complete a phone call with a MATR Interviewer—this call will include more information about study participation, a set of questions for parents to answer about their twins to help determine study eligibility (includes questions about health, learning, medications, personality/moods), and telling the MATR whether or not you'd be interested in learning more from the study staff.
- If willing and eligible based on, the participants would need to come to VCU in Richmond, VA to complete the study (which takes about 4 hours).
- → Study tasks for parents generally includes: providing consent & answering questionnaires about your twins; there is also an optional questionnaire about the parents themselves.  
→ Study tasks for twins *could* include: answering questionnaires, participating in computer-based tasks that will test: startle reflex, frustration levels, ability to read emotions in others, etc. There will also be tasks to measure stress response which includes: speaking in front of others and a breathing task where researchers change the concentration of normal compounds in air. Researchers will also collect a few physiological measures like heart and respiratory rate. Some participants may also be given the option to complete tasks while in a Magnetic Resonance Imaging machine or MRI. The study will also request an optional saliva sample from your twins for obtaining their DNA/RNA. ***Remember—all tasks are voluntary.***

## ***How does compensation work?***

- Amounts vary and depend upon the study tasks completed; generally each family could receive several hundred dollars.
- There is also mileage reimbursement for families traveling from certain distances

This information is just to provide an overview of some of the topics that your family may be interested in knowing about prior to completing a phone call with a MATR Interviewer. We may be contacting you soon by phone to discuss this further and to see if you might be willing to allow the study staff to contact you about participation.

