

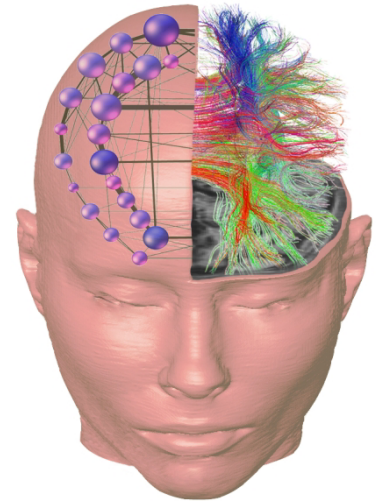


Are you 14–18 years old, feeling depressed, and want to improve your well-being?

The goal of our UCSF **BrainChange** study is to use MRI imaging to observe brain changes in young people who undergo an *online mindfulness training*.

We are looking for 14–18 years–old adolescents who will get a chance to undergo either a free 12–week mindfulness training, in which they will learn self–regulation skills (breathing, yoga–based movements, meditation) or a free 12–week psychological education training that can help them better regulate emotions (with a random assignment to one of the groups). The groups will meet once–per–week for 1.5 hours online via Zoom.

Participants will also undergo about an hour long MRI scan before and after the training. MRI scans will take place at a state–of–the–art UCSF facility at Mission Bay. Participants will receive up to \$410 in gift cards for completion of the study.



Point your phone’s camera here for our introductory survey!



Please discuss with your parents and contact us for more information:

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To view Inclusion and Exclusion Criteria, please contact us or visit our website:

radiology.ucsf.edu/research/labs/BrainChange
(or simply google **BrainChange + UCSF**)