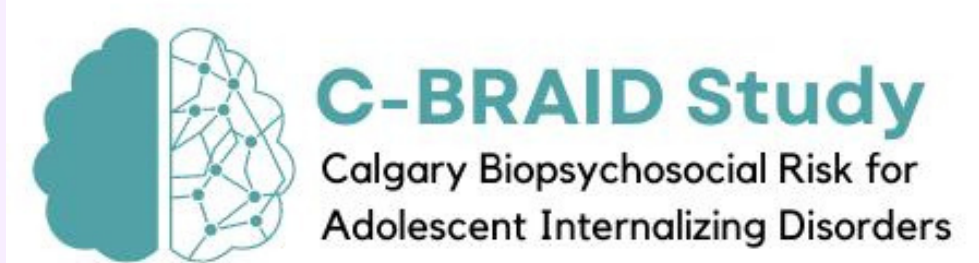


C-BRAID Study

Lab Biannual Newsletter



WE WANT TO HEAR FROM YOU!

We wish to receive feedback on your experience in our study! Please use the link below to access the 2-minute survey in order to help us improve our study for participants!

<https://www.surveymonkey.com/r/9V8DM9L>

Hello Parents and Families!

We are so excited to bring you our 8th biannual newsletter! This newsletter will give you updates on our lab, and our research team, along with other exciting news!

We would also like to take this chance to extend a big thank you to all of the families who have participated in our research! Without your help, this research would not be possible. Thank you all so much for your continued support!

-C-BRAID Team

In This Issue:

Study Progress and Updates

Recruitment

New in the Lab

Mental Health

Resources and Services



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE

New Mental Health Research

- The risk of depression through genetics can be buffered through social support
 - Read more about this at <https://doi.org/10.1176/appi.ajp.21111100>
- 4 weeks of practicing calligraphy showed in a reduction in depression and anxiety symptoms in adolescents
 - Read more about this at <https://doi.org/10.1007/s10943-021-01479-0>
- Computerized cognitive behavioural therapy has shown great efficacy as treatment for depression and anxiety in teens
 - Read more about this at <https://www.doi.org/10.2196/29842>

RECRUITMENT

We are still recruiting teenagers (12- 17 years old) with parents who may have had difficulties with mood/anxiety disorders in the past. We are interested in understanding what factors influence teenage brain development and how this relates to teenagers' mental health. If you know anyone who may be interested, spread the word! Contact information is located on the next page.

Participation Progress

We are still recruiting participants for our study until the Spring of 2023! So far, we have screened over 400 families for eligibility to participate. Out of these amazing families, 230 have completed at least one visit and 173 have completed at least one MRI scan! 133 families have also returned to complete their 18-month follow-ups!

We are also pleased to announce that we have begun 36-month follow-up visits, with 14 families completing them thus far! Thank you all so much for your continued support in our study!

TMS Updates

The optional portion of our study, transcranial magnetic stimulation (TMS), is continuing to run smoothly! We've had 51 families complete this stimulation with many more to come! If you are interested in learning more about TMS or would like to participate in this portion of the study, please don't hesitate to reach out to us using the contact information at the bottom of this newsletter!



Access Mental Health (Calgary Zone), Alberta Health Services

Phone: 403-943-1500

<https://www.albertahealthservices.ca/services/Page11443.aspx>

Kids Help Phone

Phone: 1-800-668-6868 or text TALK to 686868

<https://kidshelpphone.ca>

University of Calgary Psychology

Clinic Phone: 403-220-7731 or

E-mail: PsyClinic@ucalgary.ca

<https://psyc.ucalgary.ca/clinic>

A variety of other

helplines, clinics, and helpful mental health resources can be found on our website at:

www.kopalasibleylab.com/resources

What's New in the Lab?

- We have undergone a name change! The study is now known as the C-BRAID study, which stands for Calgary Biopsychosocial Risk for Adolescent Internalizing Disorders.
- McKinley has successfully transitioned from their Master's to their Ph.D. program! Congratulations McKinley!
- Our principle investigator, Dr. Kopala-Sibley, our research coordinator, Hayley, and our Ph.D. student, McKinley, will be heading to San Diego in April to present at the Society of Biological Psychiatry's annual symposium! Way to go guys!
- Our first paper with the entire cohort is currently being written and will be published soon!
- We are pleased to introduce our newest Research Assistant, Sarah, to the C-BRAID team! Welcome, Sarah!

Get in Touch!

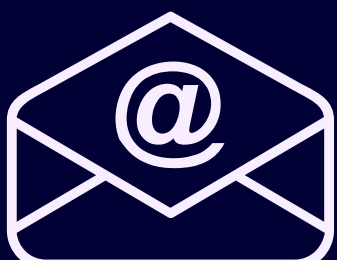
If you have any questions or concerns, please feel free to contact us



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