

What is the PATH 2 Purpose (P2P) study?

The PATH 2 Purpose study is a free, voluntary program for teenagers, ages 13-18, who want to improve their mood and learn coping skills to manage difficult situations. Pioneered by leading universities, the P2P study is a clinical trial that will determine how best to help teens build healthy lifestyles and prevent feeling down.

You may be referred to the study by your primary care provider (PCP). If you choose to participate, you will visit with members of our research team who will talk to you about the study. Teens and their parents will be asked to participate in one of two different groups: one group will use a website at home, and the other group will meet up online using an internet video program. You do not have to take any medications or talk about things you don't want to. During the 18 months of the study, you'll get regular phone calls from a team member to see how things are going in the program.

Who We Are. We are a team of PCPs, psychologists, writers, researchers, and computer programmers at the UI Health/Advocate Health/KSB Hospital/University of Louisville. We work together to find a way to help promote health and well-being in teenagers.

The Study Includes

- Access to an online group program for teens
- Parent interventions
- A few meetings with our research team
- Periodic phone calls from our research team
- Compensation for your time and efforts

What You'll Learn

The P2P study can teach you to have a healthy lifestyle so that you will be able to better face the challenges you meet in your everyday life. It's fun to be a teenager, but of course teenagers also experience a lot of stress. Some of us are better than others at managing that stress. The P2P study is designed to help teenagers develop healthy life habits and deal with the stressful things in their lives.

TEAMS is an online group that will meet for 8 weekly sessions in a row, and then 6 more sessions over 6 months. Teenagers in **TEAMS** will be in a group with about 6-10 other teenagers and a group leader. **TEAMS** stands for Teens Achieving Mastery over Stress.

In **TEAMS**, teens will learn strategies to cope with negative thoughts, to manage conflicts with friends and family, and to plan for major life changes. It is important for you to keep track of changes in your mood. You should always seek help from a PCP or other professional if you feel you may be getting depressed.

For Parents. This program helps parents to learn about what their teens are learning, and about what steps they can take to promote well-being. For **TEAMS**, parents will be invited to participate in a specific online group session for parents with the group leader.

If your teen is eligible, and you decide to allow your teen to participate, you and your teen are free to withdraw from the study at any time.



Sign up online here!

Frequently Asked Questions

How much trouble is it to complete the study? The study has been designed to be as easy as possible. You don't have to take any pills, and you don't have to talk about anything you don't want to. And while you have to apply what you learn in the study in real life to get the most out of it, the P2P study isn't just like homework. You can use the skills you learn in the P2P study to change your life. Over the course of 18 months, you and your teen will be asked to participate in the **TEAMS** program and be called for interviews every six months.

What if I don't want other people to know? What you tell your friends and family is entirely up to you. Your friends and family could be a big source of support as you go through this study. Any information about your participation is kept **private**.

What are the risks of the study?

- You and your teen could experience distress or discomfort when answering questions about feelings and behavior.
- While we make every effort to keep your personal health information private and confidential complete confidentiality cannot be guaranteed.

How can I find out more about P2P?
Contact our Call Center for more information.

Phone: 1-877-268-PATH (7284)

Email: path2purpose@uic.edu

Web: <http://path2purpose.uic.edu>

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TEAMS

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