



Be a part of the STEP-UP research study!

We're inviting kids and teens (age 8-16) and their parents to help us test a program to reduce anxiety, stress, and depression.



How can we help you?

This program has been shown to help kids and teens who...

- Are nervous, worried, or anxious much of the time
- Struggle with shyness or have a hard time making friends or engaging in school
- Avoid important activities because they are too upset or because the activities don't seem fun anymore
- Frequently feel sad, irritable, or down
- Suffer from lots of headaches, stomach aches, or say they feel overly tired

What is STEP-UP?

- An 8-12-session, skills-focused treatment program
- 45-minute video visits happen over Zoom, once per week. No travel is required. You can participate from home.
- Sessions are led by a provider in your clinic.
- Your provider will teach you and your child skills for managing stress and solving problems.
- You will also get access to online resources.
- In the last half of treatment, your child will get personalized coaching and practice in putting these skills into place in daily life. Plans are focused on practical, positive change to help kids do what they need and want to do in life.

How does the study work?

To test the Step-Up program, we will compare it to the usual support you get from your primary care provider. We will use a random process (like flipping a coin) to assign families to Step-Up or regular care. All kids and parents in both STEP-UP and regular care will participate in the following:

- Kids and parents will answer questions about the youth's health four times during the study through interviews and short online surveys.
- Kids who complete three interviews will receive \$90 in gift cards (\$30 each). Parents who complete three interviews will receive \$150 in gift cards (\$50 each). There will be an additional short survey for both kids and parents. Kids will receive \$25 and parents will receive \$40 for completing it.

We hope you'll consider joining this research study and helping us to learn how to best help anxious and depressed kids.

If you have any questions, call us at: 866-355-0037 toll free or 503-528-3949, email us at chr_stepup@kpchr.org, or visit

www.step-up.sdsu.edu for more information.