

PARTICIPANTS NEEDED FOR A UNC RESEARCH STUDY!



If you:

- Have a recent diagnosis of a schizophrenia spectrum disorder
- Would like to improve your reactions to stress
- Are between the ages of 15 and 35

Then you may be eligible to participate in a research study related to **Integrated Coping Awareness Therapy (I-CAT)**!

I-CAT is a new type of psychotherapy which involves **deep breathing** and **mindfulness** techniques. People who decide to participate will be randomly assigned to either receive their usual treatment services or to 24 sessions of I-CAT therapy over a nine-month period (in addition to their usual treatment services). Both therapies will be provided at no cost to participants.

Participants have the opportunity to earn up to \$516 for full participation

To find out more about this research study, please contact Lana Nye or Nina Fierro

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or

(919) 962-8383

UNC IRB #16-1173

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