

## RESEARCH OPPORTUNITY

NAMI is committed to improving the lives of people impacted by mental health conditions through effective treatments, equitable public policies, and greater knowledge and understanding in society. Research is essential to advance each of these goals. When NAMI is approached to be involved in research of any type, at any level, we take it very seriously. NAMI's Chief Medical Officer Dr. Ken Duckworth and Chief Program Officer Dr. Teri Brister thoroughly review the research protocols and methodology and the documentation that the study has been approved by an Institutional Review Board (IRB) to assure the safety of those involved.

NAMI does not accept financial compensation for recruiting research participants. NAMI also does not endorse any products or treatments. We share these research opportunity notices with you, our field leaders, to distribute at your discretion if you believe that members of your community may be interested in participating in these studies.

If you have questions about research at NAMI, please visit [NAMI.org/research](https://www.nami.org/research) or email [research@nami.org](mailto:research@nami.org).

## WHAT IS THE STUDY?

This study is a randomized controlled trial of Bolster, a mobile phone application (app) designed to support caregivers of young adults with early psychosis in accessing treatment for their loved one. Participants will be randomly assigned to receive either the Bolster app or a collection of existing online resources. Participants will be asked to complete questionnaires about their attitudes, stress levels, experiences with caregiving, and their loved one's engagement in treatment throughout the study. Total participation time is 12 weeks. Participants will receive \$180 in Amazon gift cards for completing all study activities.

## WHO CAN PARTICIPATE?

Individuals may be eligible for this study if they:

- Are 18 years of age or older and live in the United States
- Own an iPhone
- Identify as a caregiver of a young adult (ages 15-35) who:
  - Experiences symptoms of psychosis
  - Has become aware of symptoms or had a first episode within the last 5 years
  - Is not currently engaged in specialty mental health treatment

There will be 60 people participating in this study.

## WHERE IS THE STUDY TAKING PLACE?

Participants may be located anywhere in the United States; all study questionnaires will be provided online.

## HOW DO I LEARN MORE?

The documents attached have additional information about the study. If you have questions or would like more information, please refer to the study website (<https://www.bolsterproject.org/>) or contact the researchers at [bolster@uw.edu](mailto:bolster@uw.edu).