

WHAT TEENS ARE SAYING ABOUT P2P

"...instead of dwelling on [negative thoughts], I listed the positive things that happened during the day and used the tools I learned to change my perspective on the day. **These groups have been helping me slowly change my thinking**"

- 16 Year Old Participant

"It is actually fairly simple. I made my account and went through all the modules. I did try applying the things that were going on within the modules into my own life, because I've been going through a really rough time. **Going through the modules and trying to use the stuff that is in the modules and applying it to real life actually helped.**"

- 17 Year Old Participant

"Tracking my thoughts and feelings has really helped me see why I get sad or angry. It was really helpful in understanding why I get so down."

- 15 Year Old Participant

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LEARN MORE



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FIND YOUR PATH



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PATH 2 Purpose (P2P) is a free, voluntary research study for teenagers, ages 13-19, who want to improve their mood and learn coping skills to manage difficult situations. Pioneered by leading universities, the P2P study is an online clinical trial that will determine how best to help teens build healthy lifestyles and prevent feeling down.

The Study Includes:

- Access to an online program for teens
- Parent interventions
- Periodic phone calls from our research team
- Payment for your time and efforts

Study Team: A team of medical professionals and researchers from IL, KY, and MA working together to find a way to help promote health and well-being in teens.



The P2P study has two different virtual programs designed to help teenagers develop healthy life habits and deal with the stressful things in their lives.

TEAMS (Teens Achieving Mastery over Stress) 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.

The **CATCH-IT** (Competent Adulthood Transition with Cognitive behavioral & Interpersonal Training) online program teaches teens how to deal with feeling sad and down, and ways to manage these moods.

TEENS: 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 can be 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. P2P is designed to help teenagers develop healthy life habits and deal with the stressful things in their lives.

PARENTS/CAREGIVERS: Receive information on what your teens are learning as a part of P2P and the steps you can take to promote well-being. If your teen is eligible to participate and you give permission, you and your teen are free to withdraw from the study at any time.

