



Progresar Study UCSD CARE Program

- **Have you or someone you know experienced recent troublesome changes in behavior or emotions?**
- **Do you have trouble thinking clearly or concentrating?**
- **Have you been mistaking noises for voices?**
- **Do you have unusual or overly intense new ideas?**
- **Are you feeling more suspicious of or uneasy with others?**
- **Are you between 12 and 30 years of age**

If you answered **YES** to any of these questions and you identify yourself as a Spanish speaking **Latina or Latino** you may be eligible to be part of our study.

We are looking to learn more about the effects of group therapy on cognitive functioning with the hope of identifying additional ways to support mental health within our Spanish speaking/bilingual community.

Being part of this research study involve the following:

- In-depth interviews to evaluate recent changes in thoughts, behavior and emotions.
- Participation in one of our two experimental therapy groups that meet for 1 ½ hours per week for 12 weeks.
- Complete problem solving and memory tests before and after attending group meetings.
- Staying in touch with us for a period of 6 months

Participants will be paid \$20 per hour for completing the interview and the required tests.

Call (619) 543-7837 or email care@ucsd.edu for more information. Principal Investigator: Kristin Cadenhead, MD,