

# Reminder-Focused Positive Psychiatry Body-Mind Intervention for Post Traumatic Stress Disorder

If you are between the ages of 13-21 and diagnosed with post traumatic stress disorder, you are eligible to participate in a research study at Olive View UCLA Medical Center

## Study Objectives:

Teens and young adults, 13-21 years old, who have been diagnosed with posttraumatic stress disorder (PTSD), and may or may not have comorbid autism spectrum disorder are being invited to take part in a research study.

The purpose of this study is to test whether a new posttraumatic stress disorder (PTSD) intervention called reminder-focused positive psychiatry – Body Mind (RFPP-BM) would demonstrate possible benefits in a) reducing adverse aggressive behavior, emotional constriction, social withdrawal, b) enhancing positive self-talk and emotion regulation, muscle performance and flexible thinking, ability to focus on positive feelings, thoughts, goals, and choices, and c) improvements in your interactions with parents, and psychological and physiological measures of your wellbeing after this intervention, comparing to your baseline levels.

## Compensation:

All participants will receive thorough medical and psychiatric evaluations that might assist in future treatment planning. RFPP-BM might also lead to decreases in core PTSD symptoms and improve functional movement impairment and psychosomatic symptoms.

## What can I expect?

After diagnostic and clinical screening, eligible participants and their parents will be enrolled in RFPP-BM.

- Following diagnostic screening, youth will receive three sessions of RFPP-BM. These sessions are expected to require less than 1 hour each.
- Youth will complete a baseline measurement and week four measurement preceding and following the 3 sessions of RFPP-BM respectively. Baseline and week four may take up to 2 hours.
- Caregivers will receive two sessions of psychoeducation within two weeks.
- Participants will be offered a referral to the UCLA Traumatic Stress/ Olive View UCLA Medical Center stress resilience clinic after they conclude study involvement.

Link to enroll:

<https://www.sistat.ucla.edu/rd/2A2F640E996E4B8A>

Or scan QR code with your smartphone:



**Interested? Unsure if you meet the requirements? Call or email a member of the study team:**

**Dr. Naser Ahmadi, MD PhD | Project Director and Principal Investigator | [nahmadi@dhs.lacounty.gov](mailto:nahmadi@dhs.lacounty.gov)**

**Maayan Epstein, BS | Clinical Research Manager | [mepstein@dhs.lacounty.gov](mailto:mepstein@dhs.lacounty.gov)**

**Luis Ruiz, BA | Research Associate | [lruiz2@dhs.lacounty.gov](mailto:lruiz2@dhs.lacounty.gov)**

<https://www.sistat.ucla.edu/rd/2A2F640E996E4B8A>