

# Treatment Study Withdrawing from others (Massachusetts Mental Health Center)



Location **Massachusetts**  
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QR Code Link to This Post Are you 15-30 and concerned about your mental health?

The CLUES (Cognition for Learning & for Understanding Everyday Social Situations) Study is an NIMH-funded study designed to test which of two treatments is more effective in helping young people who have experienced recent changes in their mental health. Both treatments are individually tailored to help participants achieve goals that are important to them.

Harvard Medical School researchers at Beth Israel Deaconess Medical Center are conducting the CLUES study to identify the effectiveness of a 6-month experimental cognitive treatment on improved memory, attention, and social wisdom for young people (ages 15-30) with new concerns about their mental health and cognition.

You may be eligible to take part in this research if you are 15-30 years old and have any of the following new or worsening experiences:

- i,§ Having trouble thinking clearly or concentrating on school or work
- i,§ Remembering important things, like appointments or school assignments
- i,§ Worrisome decline in academic, work or social functioning
- i,§ Feeling confused or uneasy in social situations
- i,§ Suspiciousness or uneasiness around others
- i,§ Feeling like your mind is playing tricks on you
- i,§ Concerns about mental health, thinking, or social and every day functioning

### WHAT DOES THE STUDY INVOLVE?

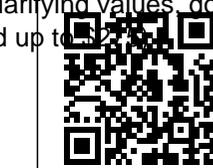
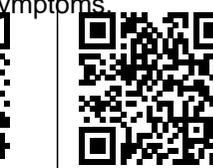
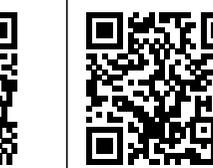
- 1) A screening interview to see if you are eligible for the CLUES study
- 2) Assessment of attention, memory and thinking styles
- 3) Assignment to one of two 6-month treatment programs (tailored to the individuals goals)
  - a. CLUES-A) Weekly computer sessions, individual and group meetings focused on improving cognition
  - b. CLUES-E) Individual and group therapy + computer tasks, all focused on clarifying values, goals, and difficult symptoms

Assessment of participant's ability to complete a 30-minute test are similar to those used up to

Prior to the treatment  
 At the beginning of treatment  
 3 months after treatment

Overall time commitment is 4-6 hours per week on the group program similar to high school or college  
**PARICIPATION IS CONFIDENTIAL**  
**TREATMENT ARE FREE OF CHARGE**  
**PARTICIPANTS RECEIVE COMPENSATION UPON COMPLETION**

Take a free, confidential survey to see if you (or your child) may be eligible for the CLUES study.

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