



# WE ARE RECRUITING

## Mindfulness for Adolescents and Carers

- Young people aged between 15–18.
- Currently experiencing depression, low mood, or anxiety with low mood.
- Previously had help but still struggling.
- Willingness to participate in a new 8-week skills-based mindfulness group.

£60  
THANK-  
YOU  
PAYMENT

**For more information, please get in touch:**

- ✉ Email: [gc693@cam.ac.uk](mailto:gc693@cam.ac.uk)
- ☎ Call: [07350 542067](tel:07350542067)
- 🌐 Search online for [ATTEND mindfulness study](#).
- 🌐 Visit our website at [attendstudy.org](http://attendstudy.org)
- 📷 Scan this QR code to sign up on our website:



# WE ARE TESTING A NEW TREATMENT

- Mindfulness for Adolescents and Carers (MAC) is a mindfulness group therapy for 15–18 year olds, delivered once a week for 8 weeks, either in-person or online.
- The groups offer a supportive environment led by trained therapists, *it is a safe space where you will never be made to do or say anything you do not want to.*
- Parents and carers are also invited to join optional, parallel but separate MAC groups to learn how to support their young person better during their treatment.
- MAC is supported by our mobile app that can help you to stay in the present moment and record your feelings in real-time.

## WHAT IS MAC?

MAC is skills-based, and will teach teenagers how to:

- Notice what is happening in the present moment.
- Manage their mood and cope better with negative emotions.
- Recognise and respond to early warning signs of depression or low mood.
- Be kinder to themselves during difficult times.

## WHO GETS MAC?

MAC is for young people aged 15–18 who have had a bit of help before (e.g. therapy, counselling, medication, etc) but still struggling with low mood. We want to see how effective MAC is compared with other forms of help that is available. Therefore, a computer will *randomly assign you to either GROUP 1 or GROUP 2*. No one can choose which group you are assigned to, not even the research team.

### GROUP 1

You will take part in a MAC group, while continuing with your current treatment.

### GROUP 2

You will NOT take part in a MAC group, but continue with your current treatment.

## WHAT WILL I DO?

We can offer *the young person and parent/carer from both Group 1 and 2 £60 each* for taking part in the study for the 12-month study period.

Participants will be asked to complete:

- A short questionnaire every 2 weeks. It takes about 3–5 minutes each time.
- 3 longer sets of questionnaires over the year. They take about 90 minutes to complete each time.