

Perinatal Research

UNC now offers multiple research studies for pregnant and postpartum mothers.

The Gut Microbiome & Perinatal Mood/Anxiety Disorders (1st or 2nd trimester)

Would you be willing to help UNC researchers better understand the relationship between depression and anxiety during pregnancy and postpartum and the Gut-Brain Axis?

The purpose of this research study is to analyze the microorganisms residing in the gut of pregnant women and to see if the microorganisms differ in those that develop depression and anxiety during pregnancy or the postpartum period. Researchers from UNC Department of Psychiatry hope to better understand the gut-brain axis in order to better predict those who will develop perinatal depression and anxiety but also develop personalized treatments such as diet recommendations.

You may be eligible if:

- You are in the first or second trimester of pregnancy
- You have not had gastrointestinal surgery (having had an appendectomy or cholecystectomy does not make you ineligible)
- You do not have Irritable Bowel Disease or Celiac Disease

All study visits and medical evaluations related to this study will be provided at no cost to participants. This study requires 3 visits to UNC (in the first or second trimester, in the third trimester, and 6-8 weeks postpartum) and 1 phone visit (about one week postpartum). You will be asked to collect a fecal sample at each time point. At each visit you will: be assessed for depression and anxiety, complete a diet assessment, and have a blood sample collected. A psychiatric assessment will be conducted at the first visit.

You will receive \$300 in gift cards for full participation.

To get more information please contact: Hannah Rackers, Study Coordinator (919) 445-2729, or Mary Kimmel at (919) 445-0216 or email mary_kimmel@med.unc.edu

Baby Brain Development Research Study

Help us learn more about early development of baby brain and behavior.

UNC researchers are recruiting pregnant women for a research study of mothers and babies from 3rd trimester of pregnancy to 1 year after baby is born.

We will study 3 groups of babies. These groups are based on their mothers' use of substances any time during pregnancy:

1. Mothers who used cocaine during pregnancy (alone or with other substances).
2. Mothers who used other substances but did not use cocaine during pregnancy. These

substances may include tobacco, alcohol, marijuana, opiates, or others.

3. Mothers who did not use any tobacco, alcohol, opiates, or illegal substances during pregnancy.

*****All information collected is confidential*****

Participation includes:

- Visit for Mom in 3rd trimester of pregnancy
- Brain Imaging (MRI) of sleeping infant’s brain
 - MRI is a safe way to get brain images with NO radiation or X-ray
 - NO sedation or separation from your infant is necessary
- Interviews, questionnaires & substance use screenings for mom
- Lab visits for mom and baby

Earn up to \$420.00 for full participation

Free Parking or transportation to UNC for study visits

If interested, please contact:

UNC Mother Infant Research Studies

Phone: 919-843-3419

Email: MotherBabyLab@unc.edu

Visit: www.motherbabylab.com

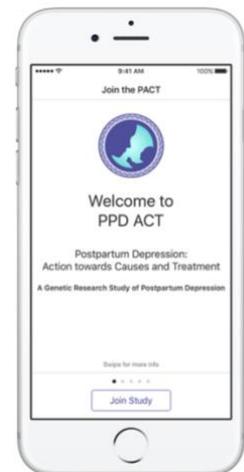
PPD ACT Research App (Postpartum)

PPD ACT is a research app for women who have ever experienced postpartum depression (PPD) or psychosis (PPP.) The goal of the study is to improve detection, treatment and prevention of PPD and PPP by finding the genetic basis of these disorders. Women who participate will download the PPD ACT app, fill out questionnaires and if eligible, submit a saliva sample.

You may be eligible to join if you:

- Are female aged 18 or above
- Have had a live birth
- Have an iOS or Android device

For more information, find us on the web at www.pactfortheure.com, Twitter @pactfortheure, Facebook @PPDACT, email pact.questions@med.unc.edu or find the app in the iTunes or Google Play store by searching “PPD ACT”.



The Chickadee Study

Extreme emotions after giving birth could be postpartum depression. The Chickadee Study is a research study in teens with PPD that is now recruiting at UNC.

If you or a loved one fit this description you may qualify for the study:

- age 15-17
- gave birth in the past 6 months
- are feeling lonely, isolated, sad, worried or hopeless



The Chickadee study requires a 4-day in-patient stay on the Perinatal Psychiatry Unit at UNC hospital. Eligible participants may receive reasonable compensation for their time and travel.

If you or a loved one fit this description, please visit TeenPPDStudy.com or call Jamie at 919-962-4798.

PMDD Research

UNC Center for Women's Mood Disorders has research studies available for women struggling with severe premenstrual symptoms. These studies offer free diagnostic evaluation and, for those who qualify, free study-related treatment and/or monetary compensation. All studies are intended to investigate the causes of PMDD and will help guide the development of future treatment interventions.



UNC PMDD Study (Menstrually-Related Mood Disorders Screening)

If you suffer during the week before menstruation from depression, anxiety, irritability or mood swings, and these symptoms are severe enough to interfere with normal functioning or interpersonal relationships – you are not alone! *Up to 30% of reproductive age women suffer from clinically significant premenstrual symptoms (PMS).*

What is involved?

This research study offers **free diagnostic evaluation** for menstrually related mood disorder (MRMD) and premenstrual dysphoric disorder (PMDD). Participation involves 1-2 study visits over 2-4 months. Monetary compensation may be provided, and women diagnosed in this study with MRMD or PMDD may also qualify for other studies providing monetary compensation.

Am I eligible?

We are looking for women who:

- 1) Are between the ages of 18-52
- 2) Have mood symptoms only pre-menstrually, and not after the end of menstruation
- 3) Are medically healthy and not currently taking hormonal or psychiatric medications



Contact us or learn more!

Please visit pmddstudy.web.unc.edu for more information, and to take our [5 minute eligibility survey!](#)

In order to reach a member of our team, you can call or text us at (919) 537-9352 anytime. You can also email us at pmddstudy@unc.edu with questions or for more information.

Perimenopausal Research

The UNC Center for Women's Mood Disorders offers research programs to address and explore the needs of women in different stages of menopause.

UNC Changes Study

The purpose of our study is to understand the role of estrogen fluctuation in combination with stressful life events in altering the normal biological responses to stress and, in so doing, triggering depression and anxiety symptoms.

We also seek to examine whether stabilizing the estrogen fluctuation will have a beneficial effect on the biological responses to stress and mood symptoms.



Eligible women will be randomly assigned (i.e. by chance) to either transdermal estrogen (a skin patch containing 17β -estradiol) or placebo (a skin patch containing an inert substance) for 16 weeks. Participants will be involved in the study for a total of 24 weeks. Approximately 6 in-person visits will be necessary over the course of the study. Participants will receive up to \$1,275 for participation.

You may be eligible to participate if you are:

- Between the ages of 45 and 60
- Medically healthy
- Having irregular menstrual cycles or skipped periods

For more information, or to see if you are eligible for the Changes study, please call (919)590-0813 or e-mail Terry at terry_edwards@med.unc.edu

You can also go to the study website at changes.web.unc.edu

This study has been approved by the UNC IRB, study #16-1731

The Duavee Study

We are studying how estrogen influences brain function and mood during the transition to menopause.

Participants in this study take estrogen for three weeks and have 2 brain scans so that we can better understand how estrogen affects brain activity.

You may be eligible if:

- You are between the ages of 44-55;
- Your period has recently become irregular
- Your last period was less than 12 months ago.



Compensation for completing this study is \$500. To see if you would be a good fit, please visit www.PEERSstudy.org or call 919-966-5243.

Other Research

UNC Evolve Study

Girls ages 11-14 needed for research study!

Starting at puberty, girls are over two times more likely to be diagnosed with a mood disorder than boys. The goal of the **EVOLVE study** is to understand the impact of changing hormones, stress, and brain activity on mood symptoms during the pubertal transition.



We are currently recruiting adolescent **females between the ages of 11 and 14** who are undergoing a healthy pubertal transition and are not currently taking any prescription medications (including hormonal contraceptives).

Participation includes:

- One enrollment and interview session
- 8 weekly hormone measurements at your home
- One lab session involving assessment of brain activity during a computer task and mental stress test
- Study duration is 10 weeks

Your child may receive up to \$150 in compensation.

For more information, please visit the EVOLVE study website evolvestudy.web.unc.edu, or contact Dr. Elizabeth Andersen at (919) 904-4876.

Click here to check eligibility: [UNC EVOLVE Study](#)