Wellness for Older Adults: Health Education or Tai Chi
For those who are suffering from depressive symptoms, lack of energy, and on a stable form of treatment for depression, UCLA is conducting a 12-month research study involving 12 weekly 60 minute sessions of either a health and education wellness class or a Tai Chi class. Participants will undergo three functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. If you are 60 years of age or older, you may qualify. Participants will be compensated.
Info: 310-794-9523.

Optimizing Depression Treatment in Older Adults (OPTIMUM)
The OPTIMUM research study is designed to test medications for participants ages 60 and older who are depressed and taking an antidepressant but not improving. Eligible participants are randomly assigned to one of three medication options. The study team will assess your side effects and mood for up to one year. Study psychiatrists will provide medication recommendations to your primary-care physician. Ask your doctor if you qualify. Participants will be compensated.
Info: 310-206-5240 or latelifewellness@mednet.ucla.edu

Yoga and Memory Training for Women
UCLA is seeking women over the age of 50 suffering from memory concerns to participate in a study of yoga and memory training. Eligible participants must have either high blood pressure, high cholesterol, heart problems or diabetes. The year-long study will include 12 weekly 60-minute sessions of yoga or memory training. Participants will undergo two functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Participants will be compensated up to $250 and reimbursed for parking.
Info: 310-825-2065 or latelifewellness@mednet.ucla.edu

The Brain, the Gut, the Microbiome
Would you like to help answer some intriguing questions about how the brain and the gut influence each other? If so, you may be eligible to participate in a study with the Brain Imaging Research at the Oppenheimer Center for Neurobiology of Stress. You must be: a) 18-60 years of age; b) right-handed; c) not pregnant or breast feeding; d) diagnosed with ulcerative Colitis (UC); e) in good health without significant neurological or psychological medical history. Participation involves a screening visit and an MRI. Earn up to $95 and get a digital image of your brain.
Info: 310-206-1758 or uclacns.org

Irritable bowel syndrome (IBS) Study for Men
Are you a man with IBS interested to engage in mind-body research? If so, please participate in Brain Imaging Research at the Oppenheimer Center for Neurobiology of Stress. You must be: a) suffering from IBS symptoms, such as abdominal pain or discomfort and altered bowel habits, e.g. constipation or diarrhea; b) male; c) 18-60 years of age; d) right-handed; e) have no significant neurological or psychological medical history. Each visit includes an MRI and a blood and stool sample and you receive a digital image of your brain. Earn up to $150 for a screening visit, an MRI, one stool and blood sample.
Info: 310-206-1758 or uclacns.org

Web Ad: Parent
Mood Disorders in Adolescents and Young Adults
Does your child Have moods that change rapidly? Do mood disorders run in your child’s family? UCLA is recruiting participants for a study of adolescents and young adults who are at risk for mood disorders. We are testing whether a mobile app can be used to enhance the effects of family treatment sessions. We are looking for teens or young adults (ages 13-19) who have mood swings. Participating families will receive a diagnostic evaluation and 12 sessions of family-based educational and problem-solving sessions. Participants will receive training in use of a mobile app that asks for weekly information about states and how things are going in your family. The app will supplement the therapy sessions by sending explanations of skills your family can use to enhance day-to-day functioning.
Info: 310-825-2836 or www.semel.ucla.edu/champ

FOR MORE INFORMATION ABOUT CLINICAL TRIALS OFFERED TO CANCER PATIENTS, VISIT: cancer.ucla.edu/clinical-trials or call the UCLA Jonsson Comprehensive Cancer Center Clinical Trials Hotline at 888-798-0719.
Pathways to Wellness Study
UCLA is conducting a six-week research study that focuses on wellness after breast cancer. Mindfulness meditation and survivorship education classes will be offered to compare the effectiveness of the two classes. Participants must attend three in-person appointments throughout the duration of the study. This study seeks women diagnosed with breast cancer at age 50 or younger who were diagnosed within the last five years.

Info: 310-825-2520 or ucla.in/2nPqFAV

Effects of Phytonutrients on Vascular Health and Skin in Obese Males
This randomized controlled study will evaluate the effect of polyphenol consumption, specifically those in pomegranate juice, on established parameters of cardiovascular health, skin inflammation and aging. This study will compare the effects of consuming 8 oz. pomegranate juice or 8 oz. placebo juice. We are seeking healthy, non-smoking males aged 18-65, with a BMI between 30 to 45. The study will last 12.5 weeks (5 clinic visits total). Eligible participants will be compensated up to $450 and a parking pass will be provided.

Info: 310-206-2962 or uclahealthyavotrial@gmail.com or hat.phs.wakehealth.edu/home.cfm

Healthy Avocado Trial
The Healthy Avocado Trial, or “HAT,” is a multi-site nutrition study looking at the effect of avocado consumption on abdominal fat, waist circumference, cholesterol levels, and vascular health. The UCLA Center for Human Nutrition is seeking male and female participants 25 years of age or older with increased waist circumference (≥ 35 inches for women, ≥ 40 inches for men). Participants will either be provided with one avocado per day to eat with their usual diet for 6 months or will be asked to maintain their usual diet (minus avocados) for the same duration. The study will last 6 months with 8 clinic visits and 2 partial, non-contrast MRI scans of the abdomen. Eligible participants will be compensated up to $450 and a parking pass will be provided for each visit.

Info: 310-206-8292 or DBenNissan@mednet.ucla.edu

Investigation of Cinnamon Spice on Glucose and Insulin Levels
This randomized clinical trial will investigate whether cinnamon spice can affect the glucose and insulin levels. Individuals ages 20 to 50 who are overweight and pre-diabetic but otherwise generally healthy may be eligible to participate if they typically consume a low fiber/polyphenol diet (beige diet). Participants will have a 50 percent chance of having oatmeal with or without cinnamon spice. The study will last 4 weeks. Eligible participants will be compensated up to $200 and a daily parking pass will be provided.

Info: 310-206-8292 or ZEzzatZadeh@mednet.ucla.edu

The Effect of a Healthy Snack on Body Weight and Composition
UCLA Center for Human Nutrition is seeking generally healthy volunteers 30 to 75 years of age who are overweight (BMI 27.0-35.0 kg/m2) and wish to participate in a weight-loss research study. Participants will either consume mixed nuts or an equally caloric amount of pretzels daily for 24 weeks. They will also be asked to follow a hypocaloric diet for the first 12 weeks, followed by an isocaloric diet for the second 12 weeks. The study will last 6 months with 9 clinic visits total. Eligible participants will be compensated up to $450 and a daily parking pass will be provided.

Info: 310-206-8292 or MVerdel@mednet.ucla.edu

FOR MORE INFORMATION ABOUT CLINICAL TRIALS OFFERED TO CANCER PATIENTS, VISIT: cancer.ucla.edu/clinical-trials or call the UCLA Jonsson Comprehensive Cancer Center Clinical Trials Hotline at 888-798-0719.