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# UCLA STUDY ON FAMILY THERAPY FOR TRANSGENDER + GENDER DIVERSE YOUTH AGES 12-25 & THEIR FAMILIES

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## **What is this study about?**

The research team aims to create a new version of family-focused therapy that helps families understand youths' gender identity, communicate more easily, and reduce stress.

## **What will I do in this study?**

- Attend a 90-minute focus group to give your opinion and perspective about family stress. This will be recorded for analysis by the research team.
- Complete a confidential written survey about gender identity, depression, mood, and family conflict

**Participants must:** Identify as not cisgender • Have a history of sadness or low mood and/or have tried drug(s) and/or alcohol • Include a parent or caregiver

**CALL OR EMAIL FOR MORE INFORMATION**

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