



A Research Study on Mental Health in Persons with Down Syndrome

Who: If you/your child are between 18-35 years, **with** Down syndrome.

We are recruiting DS subjects **with** mental health concerns such as loss of functional skills, low motivation, depressed mood, social withdrawal and motor slowing

We are also recruiting DS subjects **without** mental health concerns or functional decline

We **cannot** accept DS subjects with aggressive, disruptive or non-compliant behaviors

What: All subjects will receive a comprehensive evaluation assessing general level of function, behavior and mental health, sleep quality, as well as body shape/proportion and dietary/nutritional status. This will include; a sleep study, collecting urine, saliva, and a morning blood sample for biochemical testing.

The goal of the study is to improve our understanding of the relationship between sleep, stress, metabolism and mental health in persons with Down syndrome.

Where: At the Kennedy Krieger Institute and Johns Hopkins Clinical Research Center.

When: The study requires one extended visit over a 2 day period, including 1 overnight visits at the Johns Hopkins Clinical Research Center. We will try our best to accommodate your schedule!

Why: To characterize the cognitive, behavior and mental health conditions that appear to be associated with sleep disturbance in adolescents/adults with Down syndrome.

Risks and Benefits: There are minimal risks and no direct medical benefits for participating. You will receive medical test results that may be of interest to you or your physician. A cash incentive is offered for your participation.

How: Join today! If you are interested in participating, please contact us!

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