

# RELAX

Regulating Emotions Like An eXpert



**DO YOU HAVE AN  
ADOLESCENT WITH  
ADHD AND POOR  
EMOTION REGULATION?  
ARE YOU INTERESTED IN  
HELPING YOUR CHILD BE  
BETTER ABLE TO SELF  
REGULATE?**

## WHAT'S INVOLVED IN THIS STUDY?

- ➡ An assessment visit including a diagnostic interview and IQ screen for your adolescent
- ➡ A randomized controlled trial where families either receive RELAX or a waitlist control condition where you are provided with written resources
- ➡ An 8 week virtual group intervention involving parents and adolescents + 2 review sessions
- ➡ Completion of online questionnaires on emotional/behavioral health at the beginning and end of intervention, and at the review sessions.
- ➡ A total of \$200 in compensation is available for completing all parts of the study

## INTERESTED IN LEARNING MORE?

Please email the CALMER Lab at [calmerlab@gmail.com](mailto:calmerlab@gmail.com) or scan this QR Code.

Families must be able to participate in study visits and answer questions in English.



**VIRGINIA TECH'S DEPARTMENT  
PSYCHOLOGY IS INVITING  
ADOLESCENTS WITH ADHD AGES  
11-16 YEARS AND THEIR PARENTS  
OR LEGAL GUARDIANS TO  
PARTICIPATE IN AN ONLINE  
INTERVENTION STUDY FOCUSED  
ON TEACHING ADOLESCENTS  
COPING, COMMUNICATION, AND  
CONFLICT MANAGEMENT SKILLS  
AND HOW PARENTS CAN SUPPORT  
THEIR ADOLESCENTS IN USING  
THESE SKILLS.**



This study has been approved by the  
Virginia Tech Institutional Review Board  
(IRB# 24-1281)