Are you 14-18 years old, want to see your brain change and improve your ability to focus?

The goal of our UCSF BrainChange study is to use MRI imaging to observe brain changes in young people who undergo a training of attention and emotion regulation.

We are looking for adolescents of age 14-18 years who will get a chance to undergo a free 12-week training, in which they will learn self-regulation skills (breathing, yoga-based movements, meditation) that can help them relax, better regulate emotions, and improve attention. The group will meet weekly for 1.5 hours at UCSF Parnassus.

Participants will also undergo a 1-hour MRI scan and a computer-based attention test three times: 12 weeks before the training, right before the training, and after the training. MRI scans will take place at a state-of-the-art UCSF facility at Mission Bay. Participants who have completed three MRI scans will receive a $100 gift card.

Please discuss with your parents and contact us to find out more:

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http://radiology.ucsf.edu/research/labs/BrainChange
(or simply google BrainChange + UCSF)