EMU Study (Emotional Memory Unification)
Study About Sleep and Memory

RESEARCH STUDY PURPOSE:
This research study will help us to learn about the role of sleep in processing and storing emotional experiences as memories. We are also interested in how this may occur differently in youth with and without anxiety. We hope that understanding these processes will help in understanding the functions of sleep, and developing future treatments for anxiety.

RESEARCH STUDY PARTICIPANTS:
Youth ages 9-14 years old, who have frequent anxiety, worries and fears. We are also looking for children in the same age group that do not suffer from anxiety.

COMMON EXCLUSION CRITERIA:
Common exclusion criteria include, but are not limited to:
- Kids who have braces or fixed retainers
- Youth with history of mania, or bipolar disorders
- Youth with history of psychosis
- Youth who are taking psychiatric medications daily

PARTICIPATION:
- Parents and youth will complete psychological evaluations and questionnaires
- Youth will visit our research group at Florida International University up to four times
- Youth will be asked to complete some questionnaires and computer tasks. Some eligible youth may be asked to complete the computer tasks while undergoing a functional magnetic resonance imaging (fMRI) scan (a magnet that takes pictures). Youth will also be asked to wear a wrist watch that measures movement in order to monitor their sleep.

OTHER DETAILS:
Youth receive gift card compensation for involvement.

For more details, and to see if you qualify, call 305-348-5384
or email aluvazqu@fiu.edu

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