



Where the world comes for answers



Improving Social and Relationship Health in Adolescents with Narcolepsy and Idiopathic Hypersomnia

What is the purpose of this study?

- We are conducting a usability, feasibility, and acceptability study of an educational website for adolescents with Narcolepsy and Idiopathic Hypersomnia and their families.

Who can participate?

- Adolescents ages 10 to 17 years with a narcolepsy or idiopathic hypersomnia diagnosis, and their parent/guardian.
- Diagnosis must be verified by a signed letter from a physician in order to participate.
- Participants must be fluent in English.

What do I have to do if I'm in the study?

- The adolescent and their parent/guardian have to review an online psychoeducational website designed to help improve social relationships in adolescents with narcolepsy and idiopathic hypersomnia.
- The adolescent and parent/guardian will provide feedback by filling out surveys on feasibility, usability, and acceptability as well as social relationships and social health.

Where is the study being conducted?

- This study is being conducted at Boston Children's Hospital but can be completed from home. Surveys will be conducted on a secure online platform called REDCap.

What is the time commitment for the study?

- Reviewing the website and completing the surveys will take around 2 hours.

What are the benefits of the study?

- You may see improvement in your social relationships following the review of the website.

What will I receive from participating?

- As a thank you for completing the study, we will send you a \$50 debit card.

Interested?

Please call us at 617-919-6212 or email us at NeuroSleepResearch-dl@childrens.harvard.edu

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