

# Clinical Trials Unit at Kennedy Krieger Institute

## Who We Are

The Clinical Trials Unit is part of the Psychiatric Mental Health Program (PMHP) at Kennedy Krieger Institute. We offer pharmaceutical-sponsored clinical trials designed to better understand and treat genetic, developmental, behavioral and psychiatric disorders. Our goal is to facilitate research that will help improve the quality of life for individuals with life-altering mental health diagnoses.

## Who We Serve

We offer clinical trials for children, adolescents and adults with a wide range of disorders. Some of the diagnoses we are investigating include:

- Attention deficit hyperactivity disorder (ADHD)
- Autism spectrum disorder (ASD)
- Bipolar disorder
- Depression and anxiety
- Fragile X syndrome (FXS)
- Schizophrenia

## Our Team

Our interdisciplinary team consists of physicians, psychiatrists and research nurses who are experts in the fields of genetics, psychiatry and mental health for children and adolescents. Physicians and researchers from Kennedy Krieger and Johns Hopkins, drawing on their vast collective expertise from a wide range of disciplines, conduct our trials. A coordinator oversees all trials and is available to answer participants' questions throughout the studies.

## Our Approach

All research is undertaken with the utmost care and concern for the safety, health, confidentiality and privacy of each participant. Every clinical trial is approved and monitored by the Johns Hopkins Institutional Review Board, an independent committee that ensures trials are ethical and the rights of participants are protected.

Each individual participating in a Kennedy Krieger clinical trial will receive expert assessment, careful screening and diligent monitoring throughout the entire course of the study. In a process known as informed consent, all participants, or their parents or guardians, are informed about the details of a study, and any known risks or potential benefits, before they agree to participate in a trial.



## Why Participate in a Clinical Trial?

For many, participating in clinical trials offers access to new treatments not available anywhere else—treatments that might make a difference in quality of life—while receiving extra care and monitoring from doctors and researchers. For others, there is a larger purpose: a chance to help others by advancing research that will lead to medical breakthroughs and improved care for the next generation.

Visit [nih.gov/health/clinicaltrials/whyparticipate.htm](https://www.nih.gov/health/clinicaltrials/whyparticipate.htm) for more information.

We are all born with great potential.  
Shouldn't we all have the chance to achieve it?

## What to Expect

If you're interested in participating in a trial, or in having your child participate, your first step will be to complete a pre-screening interview via telephone or in person. During the interview, you'll receive information about the trial, and if you are interested in participating, an in-person screening appointment can be scheduled.

At the screening visit, you'll meet with a board-certified physician and with the research coordinator assigned to the trial in which you're interested. You, or you and your family members, will have an opportunity to ask questions and decide whether to consent to participate. If you consent, we will begin the screening process. This may involve assessments, exams and blood draws, which will ensure it is safe for you or your child to join the trial.

The research coordinator will notify you by telephone if you or your child have been cleared to participate in the trial. If you receive clearance, the coordinator will also schedule your next appointment.

At each visit, you'll meet with the trial research coordinator. The coordinator will be very accessible to you, and will be able to provide regular updates about your, or your child's, status in the trial.

Many of your visits may involve providing blood and/or urine samples. These visits may also include physical exams and questions from the physician, as well as testing or questionnaires to be filled out by you or—if your child is the participant—by both you and your child.

## Research and Collaboration

Expanding our knowledge is one of the main goals of the Clinical Trials Unit. We are constantly working to find new studies that may benefit patients. Our collaboration with Johns Hopkins and its Institutional Review Board allows us to access that institution's vast knowledge and research base. All Kennedy Krieger Clinical Trials Unit physicians hold Johns Hopkins faculty appointments.

We work with a number of departments throughout Kennedy Krieger Institute, including the Psychiatry Department (which focuses on both child and adolescent psychiatry), the Neurology and Developmental Medicine Program, the Center for Autism and Related Disorders, and the Child Life/Therapeutic Recreation Department.



## Contact Information

### Clinical Trials Unit at Kennedy Krieger Institute

For more information about active clinical trials, please email [ResearchTrials@KennedyKrieger.org](mailto:ResearchTrials@KennedyKrieger.org) or call **443-923-3850**.

[KennedyKrieger.org/Clinical-Trials-Unit](https://www.KennedyKrieger.org/Clinical-Trials-Unit)

### Mailing Address

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Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual and personal values, beliefs and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression, including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources and advocating for the services and support they need. © 2018 Kennedy Krieger Institute 2/2018



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