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Does your teen (ages 14-17) need more physical activity?

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Has your teen been diagnosed with a mental health or developmental diagnosis like anxiety, depression, ADHD or autism by a doctor?

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Is your teen interested in participating in a research study?

Does your teen like to play video games?

...if so, join our GamerFit study!

Who: Teens (ages 14-17) who have received a mental health, ADHD, and/or autism diagnosis by a doctor and who are living at home.

What: This research study combines active video games, telehealth coaching, and a newly designed mobile app to provide support around exercise, sleep and healthy habits. Teens are also provided with a Fitbit to monitor how much they are moving.

Where: In your own home. If you do not have the right gaming system, we will provide it.

When: Your teen will play these video games **3 times per week** and will check in with their health coach **once per week** through the app that we provide. The whole program will take **12 weeks**.

Why: We want to study if the GamerFit app and health coaching improve levels of physical activity and sleep in teens managing mental health challenges.

How: To learn more, contact study manager Tara Daly at gamerfit@merrimack.edu or by phone: 978-837-5017 or scan the QR code below or visit www.joiningamerfit.org for more details.

This study is a collaborative effort of researchers at Merrimack College and Pennington Biomedical Research Center.

