**Student Youth Mental Health on Campus:**

**Research Participants Wanted:**

We are looking for **PMC Students** to take part in our study: **Understanding Student Stress and Resilience: Examining the Biological Correlates of Mental Health.** This study will look at the impact of stressors students encounter (e.g., transitioning to a new city, loss of social support, academic and financial stressors), academics, mental health symptoms and physical health markers.

You may be eligible to participate in a study if you are:

- Between 17 and 29 years old (as we are focusing on youth)
- Receiving accommodations at PMC for mental health
- Fluent in English
- In your first year of undergraduate study at Carleton University

Participation in this study will involve:

- A quick e-mail, asking a couple of questions to see if you are eligible to participate
- If eligible, an in-lab session for 2 hours on campus during which you will:
  - Complete study questionnaires
  - Provide a saliva sample and a small blood sample (taken by a Registered Nurse/Phlebotomist)

- Part of our study will be examining how the measures above link to your grades across your first year of university.
- You will be asked to attend a follow-up session in March/April in which you will repeat the steps done in the first session.

In appreciation of your time and participation, you will receive $30 for phase 1 (your first visit) and $30 for phase 2 (your second visit).

**To take part in this study, please contact:**

**Kim Matheson**  
Department of Neuroscience,  
Carleton University  
(Kim.Matheson@theroyal.ca)

This study has been reviewed by, and received ethics clearance through the Research Ethics Committee (CUREB-B Clearance # 111223).

Faculty Supervisors: Dr. Robyn McQuaid (The Royal's Institute of Mental Health Research) and Dr. Kim Matheson (Department of Neuroscience, Carleton University)