

Effective Treatment of **CHILDHOOD ANXIETY**



Children's Hospital Los Angeles Research Study

“SMART” STUDY

CHLA and its partners across Los Angeles are inviting children with anxiety and their parent(s) to participate in a world class research study to understand which two gold-standard treatments, or their combination, is most effective when treating an anxiety disorder. The study will take place at CHLA and other participating sites. Voluntary participation will last a minimum of 18 months, and follow-up will last up to 10 years. Study procedures include: randomization into a treatment group of medication or talk therapy. You will complete interviews, questionnaires, be checked on from time to time, and have information recorded from your medical record. Your anxiety symptoms may improve, but there is no guarantee that being in the study will help you.



HELP IMPROVE
KNOWLEDGE ABOUT
HOW BEST TO TREAT
ANXIETY IN KIDS

YOUTH 8-17 YEARS OLD
WITH AN ANXIETY
DISORDER

CAREGIVERS FLUENT IN
ENGLISH OR SPANISH

RECEIVE GOLD-
STANDARD TREATMENT

RECEIVE COMPENSATION
FOR STUDY
PARTICIPATION

INTERESTED?

Contact Us

SMARTstudy@chla.usc.edu

**Utilize security precautions when
communicating electronically*

323-361-4284

*All inquiries are strictly
confidential*