

### **How will I benefit?**

There are no guaranteed benefits to you for taking part in this research.

Possible benefits might include:

- Learning new skills to cope with hypersomnia and manage symptoms
- You will improve our knowledge of the impact of hypersomnia on quality of life.

### **What are the requirements to be in the study?**

- Males and females, ages 18 and older
- Diagnosis of Narcolepsy or Idiopathic Hypersomnia
- Symptoms of depression
- Engage in 6 treatment sessions consisting of psychological and behavioral techniques to cope with sleepiness and depression.

### **How can I participate?**

**Send an email:**

[lincstudy@northwestern.edu](mailto:lincstudy@northwestern.edu)

**Call: 312-503-6627**

*Please mention that you are interested in the PATH study.*



Behavioral Sleep Medicine Research Lab  
Center for Circadian and Sleep Research  
Northwestern University  
Feinberg School of Medicine

# **The PATH Study**

## **Psychosocial Adjunctive Treatment for Hypersomnia**



Behavioral Sleep Medicine  
Research Lab at the  
Center for Circadian and Sleep  
Medicine

Northwestern University  
Feinberg School of Medicine

## What is the PATH Study?

The purpose of this study is to develop and test a new psychological treatment designed to improve psychosocial functioning in people with hypersomnia.

Participants who qualify will take part in 6 treatment sessions, which will be delivered face-to-face or using an online videoconferencing program. You will be assigned to either an individual or group format but will not be able to choose which condition you receive. Each session will last about 60 minutes.

We will conduct assessments before and after the intervention to evaluate the effectiveness and need for conducting future studies using this intervention.

## How long will it take?

We expect that you will be in this research study for about 10 weeks. This includes the 6-week intervention and assessments before and after the intervention.

During this time, you will be expected to complete all study activities, including responding to questionnaires and participating in all treatment sessions.

## Will I be compensated?

If you agree to take part in this research study, you will be paid \$25 for completing each of the assessments for a total compensation of \$50 for completing the study.

## Need more information?

Contact us at: [lincstudy@northwestern.edu](mailto:lincstudy@northwestern.edu)

## What are the risks?

The foreseeable risks associated with this study are minimal.

Possible risks might include:

- Some of the questions asked during the assessment are of a personal nature and could possibly be emotionally upsetting.
- There may be other risks that are currently unforeseeable