

**Name of Study:** The Stress, Aging and Emotions (SAGE) Study for Parents

**Institution:** University of California, San Francisco (UCSF)

**Location:** San Francisco, CA

**Eligibility Criteria:** Mother of a child with an Autism Spectrum Disorder, ages 2-12; Non-smoking; Age 20-50; English-speaking.

**Principal Investigator:** Elissa Epel, Ph.D.

**Contact Information:** phone: (415) 476-7634 or email: [SAGE@ucsf.edu](mailto:SAGE@ucsf.edu)

Dear Parent,

We are studying how stress affects mothers of children with autism, compared to mothers of unaffected children. We wish to explore how emotional well-being and different styles of coping with life's stresses are related to cell aging and hormones. We hope to apply this work to developing better stress management interventions, particularly to support families of children with pervasive developmental disorders. Participating in the study -- sharing your stories, experiences, and time -- will give you the chance to add your voice to an important and understudied field of women's health.

We are looking for non-smoking mothers between the ages of 20 and 50, who have children age 2-12, to participate in this research. We hope that we can include both mothers whose children have been diagnosed with an Autism Spectrum Disorder – and also a sample of ‘control group’ mothers (those whose children are unaffected). The study is longitudinal, taking place over two years, so that we can understand how mood and behavior affect cell-aging over time. Every 6 months, we will ask you to visit UCSF's Parnassus campus for a blood draw and also ask you to complete some questionnaires and assessments at home.

We will reimburse participants for their time (up to \$450), and cover parking and childcare if necessary.

To learn more about eligibility requirements, and what participation involves, please email us at [SAGE@ucsf.edu](mailto:SAGE@ucsf.edu) or call 415-476-7634.

Warm regards,

Elissa Epel, PhD, Associate Professor, Dept. of Psychiatry, UCSF

Katrina Koslov, PhD, Project Director, UCSF SAGE Study

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