



## Understanding Social and Relationship Health in Adolescents with Narcolepsy

*Narcolepsy is a rare, chronic neurologic condition that typically begins during adolescence and young adulthood. The purpose of this study is gain a better understanding of the impact of narcolepsy on social relationships during this critical period of social development.*

### Who can participate?

- ❖ Adolescents with narcolepsy ages 12 to 17 years
  - Narcolepsy diagnosis will be verified by a signed letter from your physician
- ❖ Participants must be fluent in English

### What do I have to do if I'm in the study?

- ❖ You and a parent/guardian will each be interviewed by a research scientist
- ❖ During the interview, you will be asked about your experiences living with narcolepsy and how it has impacted your social relationships (like your friendships)

### Where is the study being conducted?

- ❖ Interviews will be conducted over phone or Zoom and will be audio recorded

### What is the time commitment for the study?

- ❖ One interview will be with the adolescent and the other with their parent/guardian
- ❖ Each interview is expected to last approximately 20-30 minutes

### What are the benefits of the study?

- ❖ We hope that the information gathered will advance our understanding of one of the potential challenges of living with narcolepsy

### What will I receive from participating?

- ❖ As a thank you for completing the study, we will send you a \$100 debit card

### Interested?

Please call us at 617-919-6212 or email us at [NeuroSleepResearch-dl@childrens.harvard.edu](mailto:NeuroSleepResearch-dl@childrens.harvard.edu). If emailing, please write "Narcolepsy and social relationships" in the subject line

**This research is being conducted by Eric Zhou, PhD  
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