

Project RESCUE:

Reducing Elevated Stress from COVID-19 Exposure

You are invited to join a study of reducing maternal anxiety, stress and depression during COVID-19 with the Developing Brain Institute.

What is the study about?

In Project RESCUE - Reducing Elevated Stress from COVID-19 Exposure - our research team will collect data over time to better understand the unique impact of multiple stressors for pregnant women giving birth during the COVID-19 pandemic and for their offspring. We also are studying whether earlier, targeted stress-reduction interventions help to reduce those negative impacts.

You and your baby qualify for this study if:

- You are a pregnant woman, or recently gave birth.
- You live in Washington, D.C., Maryland or Virginia.
- You are older than 18 years with a singleton pregnancy of 8 weeks gestation or greater.

What happens if I join this study?

By joining this study, you will be asked to do the following:

- You will complete a number of questionnaires virtually to describe your mood, overall health and to measure physiological stress.
- You will be randomly assigned to participate in a mindfulness and prenatal yoga intervention for either 5 weeks or for 10 weeks.
- Before your baby is born, you will meet with us to take special pictures (or scans) of your baby using safe, non-invasive MRI.

After your baby is born, we will meet virtually with you and your baby on four occasions.

- We will meet with you and your newborn baby to ask about your infant's health and development. We also will measure how you and your newborn are bonding.
- Our team will monitor your baby's development up to 3 years of age.

Joining this study will NOT:

- Harm your baby in any way.
- Change the way your doctors manage your pregnancy or your baby.
- Expose you or your baby to any experimental medicines or procedures.
- Cost you or your insurance anything.

I want to enroll. What do I do next?

If you would like to hear more about Project RESCUE, contact our research team at:

Email: FetalBrain@ChildrensNational.org

Web: developingbrainresearchlaboratory.org/rescue.html

Phone: 202-476-3842



How do I benefit from participation?

We anticipate the interventions that we have included in our study will reduce anxiety and stress that you may experience during and after pregnancy, providing potential benefits to you, your baby and future unborn babies. If we see anything unusual on the MRI or in the developmental tests, we will tell you and your doctor.

You will receive:

- Free parking during your visits to Children's National.
- \$75 compensation after each in-person visit in gratitude for your participation in the study.
- Another \$25 for completing all online questionnaires.

