

Clinical Research Studies For Chronic Nightmares



Do your clients or patients have nightmares following a traumatic event?

The University of Tulsa Institute of Trauma, Adversity, and Injustice (TITAN) is conducting a study with free therapy for children and adults who have experienced an adverse or traumatic event and currently experience nightmares.



BACKGROUND INFORMATION:

- 5% of the general population currently experiences nightmares, and 11% report a current or past problem with nightmares. This number is much higher among trauma exposed individuals, including veterans, and individuals with posttraumatic stress disorder.
- Few studies have examined treatment of trauma-related nightmares, but recent studies at The University of Tulsa examined the efficacy of a cognitive-behavioral treatment protocol for nightmares and found that the treatment appears promising in reducing the frequency and intensity of nightmares, improving sleep quality, and decreasing symptoms of depression, and PTSD.
- Three studies are currently enrolling participants who are: (1) adults with bipolar disorder; (2) adults without bipolar disorder; (3) any children or adolescents with nightmares or a trauma history who are currently aged 5-17.
- **See next page for eligibility criteria.**

STUDY INFORMATION:

- All studies have been approved by the University's Institutional Review Board
- The physical, social, economic, and legal risks are minimal in this project, and confidentiality will be protected.
- Treatment is free; participants will receive a gift card for each follow-up assessment.

PLEASE CONTACT US FOR MORE INFORMATION

Principal Investigators:

- **Adult Study:**
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- **Bipolar Study:**
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[Dissertation being supervised by Dr. Davis]
- **Child & Adolescent Study:**
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Clients who wish to participate in the study can call the TITAN Research Center at (918) 631-2543 or (918) 631-3976 to determine eligibility.

Do your clients or patients qualify?

Adult Study

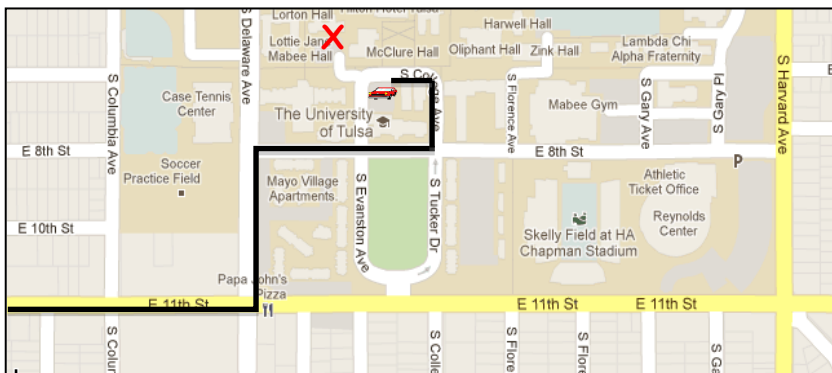
- Participants must be at least 18 years of age and have a history of a traumatic event (most recent occurring more than 1 month ago) and nightmares occurring at least once per week for the past month.
- Exclusion criteria are apparent psychosis, unmedicated bipolar disorder, severe cognitive impairment, active suicidality, and current drug or alcohol dependence.
- Assessments will be conducted before and in the follow-up phase of the treatment.
- Treatment is a cognitive-behavioral therapy aimed at the nightmare and sleep disturbances, as well as other PTSD symptoms.

Bipolar Study

- Participants must be at least 18 years of age and have a history of a traumatic event (most recent occurring more than 1 month ago) and nightmares occurring at least once per week for the past month.
- Participants must have a formal diagnosis of bipolar I or II disorder, which could be confirmed by their mental health provider. The individuals must also be on a stable dose of medication for at least the past 2 months, with minor adjustments as needed.
- Exclusion criteria are apparent psychosis, rapid-cycling type, severe cognitive impairment, active suicidality or suicide attempt within the last 3 months, hospitalization associated with the disorder in the last 3 months, and untreated drug or alcohol dependence within the last 6 months.
- Assessments will be conducted before, immediately after, and in the follow-up phase of the treatment.
- Treatment is a cognitive-behavioral therapy that is 5 sessions. It will occur 1 times a week for about 1-2 hours.

Child Study

- Treatment will be conducted with child-guardian dyads.
- Participants must be between 5 and 17 years of age and have a history of an adverse or traumatic event and nightmares occurring at least once per week for the past month.
- Exclusion criteria are if the child: has apparent psychosis, intellectual disability, a developmental disorder, and unable to speak and read English.
- Treatment is 5 sessions. Assessments will be conducted before, immediately after, and in the follow-up phase of the treatment.



All Appointments will be held at the
University of Tulsa in Lorton Hall:

Lorton Hall
800 S. Tucker Drive
Tulsa, OK 74104

(918) 631-2543 or
(918) 631-3976