Do you have a child between 13 and 18 years old with tension-type headaches?

We are conducting a paid research study to understand whether yoga can help adolescents to manage their headaches.

- We'll ask adolescents to attend 8 yoga classes at a studio close to downtown Nashville. Classes will last one hour and will be held on weekends.
- We’ll ask adolescents to complete tests measuring how they respond to heat in a laboratory at Meharry Medical College.
- We’ll ask adolescents to provide saliva and hair samples to determine levels of different stress hormones.
- We'll ask adolescents to answer questions online about headaches, stressful experiences, coping strategies, and mental and physical health.

The study visits will each take about 1.5 hours, and your family will receive compensation for your time and travel.

Please call or e-mail us if you are interested to learn more about the study.

Thank you for your interest!
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