

# Study of Mindfulness App in Alopecia Areata

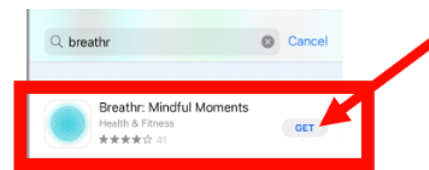
We are currently recruiting for a study to see if using a mindfulness app for less than 5 minutes a day will help teenagers who have Alopecia Areata

## Who can participate?

Children aged 12-17 years old

And

Alopecia Areata involving >30% of Scalp



## What is involved?

Baseline visit at SickKids (~30 mins to fill out forms)

Downloading a free app

Using it daily x 90 days for <5mins

Follow up at 30 and 90 days (in person or virtual)

Participating in an interview at the end of the 90 days (separate interviews for participant + 1 caregiver)

Interviews will be 30 minutes each and virtual

## What are benefits?

The exercises will help you feel less anxious

We hope that this may also improve hair loss and/or help you feel better

A 50\$ voucher will be provided for each interview

If you are interested, please email [Cathryn.sibbald@sickkids.ca](mailto:Cathryn.sibbald@sickkids.ca)

Investigators: Cathryn Sibbald, Nimrita Sangha

