Reducing the risk for and impact of mental health problems amongst children/youth with 22q11 Deletion Syndrome: can genetic counselling for parents help?

An exploratory study

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Study Background

Individuals with this 22q11 Deletion syndrome are at risk to develop a psychiatric disorder. Psychiatric genetic counselling (PGC) is a specialist health discipline that provides people with individualized information and support related to causes of psychiatric disorders, the chances for children to develop these conditions, and about strategies that people can use to promote mental health.

What is the purpose of the study?

Mental health problems are common among affected children with 22q11DS, and are inadequately treated. We would like to explore whether psychiatric genetic counseling is helpful for parents through increasing awareness of:

- Risk for mental illness in children with 22qDS
- Protective strategies for mental health
- How to identify and manage any emerging symptoms of mental illness for their child

Who can participate?

- Parents of a child who has a diagnosis of 22q11 Deletion Syndrome under the age of 18 years old.
- Are fluent in English
- Can provide written consent

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