



Gluten-Free Resilience
& Overall Wellness

Are you a teen living with celiac disease? Are you a parent trying to support your teen?

Join our research study, the GROW Project

About this Study

The purpose of this research study is to improve and test a program called the GROW Project. "GROW" stands for Gluten-free Resilience and Overall Wellness. It was designed to help teens and their parents cope with celiac disease and its challenges.

In the current phase of this study, Phase 3, we are testing the GROW Project on a larger scale in what is called a randomized controlled trial (RCT). If you participate in this phase, you will be randomly selected to participate in one of three possible groups:

Care as Usual

- Participate in your usual celiac disease clinical care.
- You will NOT attend the GROW or GROW+ Project sessions.
- Complete a baseline visit (1-hour interview, GlutenDetect urine tests and surveys).
- Brief weekly surveys to report symptoms or gluten exposures for 6 weeks.
- Follow-up visits 6 weeks and 3 months after baseline survey.

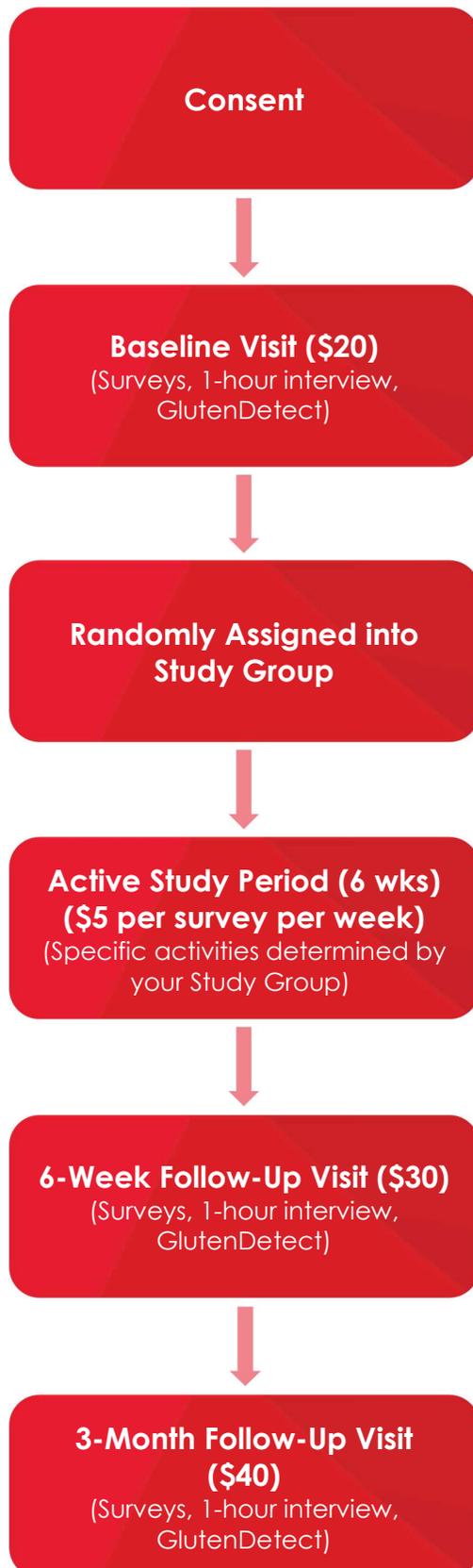
GROW

- Complete a baseline visit (1-hour interview, GlutenDetect urine tests and surveys).
- Participate in the GROW Project for 6 weeks.
- Teens and parents meet separately in groups of 5-8 participants.
- Meetings held for 1-hour once a week on Zoom.
- Brief weekly surveys to report symptoms or gluten exposures for 6 weeks.
- Follow-up visits 6 weeks and 3 months after baseline survey.

GROW+

- Complete a baseline visit (1-hour interview, GlutenDetect urine tests and surveys).
- Participate in the GROW Project for 6 weeks.
- Meetings held for 1 hour once a week on Zoom.
- Teens also complete up to three GlutenDetect urine tests per week.
- Brief weekly surveys to report symptoms or gluten exposures for 6 weeks.
- Follow-up visits 6 weeks and 3 months after your baseline survey.

Study Process & Compensation Schedule



Questions & Answers

Q. Who is eligible for this study?

A. Teens ages 12-16 with celiac disease and one parent are eligible for this study.

Q. Will I be compensated for my participation in this study?

A. Teens can earn up to \$120 and parents can earn up to \$90 for their participation in this study.

Q. Can I participate without my teen/parent? Can additional family members participate in this study?

A. One teen and one parent per family can participate in this study. Both a parent and teen must enroll together. No additional siblings or parents can participate at this time.

Q. Do I have to travel anywhere for this study?

A. This study is designed to be fully remote, with interviews and meetings taking place via Zoom. All surveys will be sent electronically.

Q. Can I pick which group I participate in?

A. A computer program will be used to assign your family to a group. No one will be able to pick groups, including the study team.

Contact Information

If you have any questions about participating in the study, please contact us at:
growproject@childrensnational.org or
202.556.1822

