

iMANAGE

Independence, Maintaining Activities, No Matter what AGE

The University of Pittsburgh is studying ways to learn how to manage stress, improve quality of life, and maintain independence.

Are you or your loved one 60 or older and:

Experiencing stress or pain from knee arthritis?

-or-

Noticing mild memory changes?

-or-

Receiving weekly home care?



If you answered **YES** to any or all of these questions, you may qualify for a research study conducted by the Late-Life Depression Prevention, Evaluation and Treatment Center.

All study interventions are provided at no cost, and participants receive close monitoring of mood, pain, sleep and memory.

Click [Here](#) if you would like to be contacted by a member of the iMANAGE study team.



RAPID: Knee Pain Research Study

People living with knee pain are often stressed. This stress and pain puts them at risk for depression, worry, and disability. If you are eligible to participate, you may receive physical therapy and a brief type of health coaching designed to help people become more physically active, better manage their pain, improve sleep, reduce fatigue, and learn how to better manage daily stress and problems.



RECALL: Brain Health

Do you or someone you care about have trouble remembering things? Do you feel stressed? If so, you and your loved one may be eligible to participate in this study of stress reduction. The research team will examine health, mood, and memory. As a study participant, you may learn skills to help you solve everyday problems, improve your sleep, and exercise better.



DEPRESSION ABC

The Agency-Based Collaborative (ABC) is a research study looking at ways to reduce stress. If you receive assistance with meals, transportation, or personal care, you may be eligible to participate in this research study. The research team will examine your health and mood. As a study participant you may learn skills that will help you solve everyday problems.

[Close](#)