

# PIPA

An online **P**arenting **I**ntervention to **P**revent affective disorders in high-risk **A**dolescents:  
**The PIPA Trial**

## The PIPA Trial

The PIPA trial is exploring the effectiveness of an online resource for parents/carers to help reduce depression and anxiety in young people.

## Who can take part?

With the assistance of schools, we will be recruiting families of young people aged 11-15 from the UK.

## What does it involve?

Parents/carers and young people will be asked to fill in some online questionnaires and parents/carers will be invited to work through a series of online modules or factsheets.

## Benefits for families

Improve knowledge of mental health and emotional wellbeing in young people. Pick up some useful tips and strategies to help support young people.

## Get in touch!

Email: [PIPA@warwick.ac.uk](mailto:PIPA@warwick.ac.uk)  
Phone: 02476574316 or 02476575078  
Website: [www.warwick.ac.uk/pipa](http://www.warwick.ac.uk/pipa)



