Overview

If you have a mental health disorder or if you want to help researchers learn more about mental health, consider taking part in a clinical trial. This is a scientific study of a disorder or a treatment.

Why They Are Important

Clinical trials help us better understand disorders. For example, some clinical trial scientists study genes to see why some people develop a disorder and others don't. Clinical trials also lead to better drugs and to better treatments. Just to be clear, in a clinical trial, you may take a drug that's not approved for widespread use. Or you may take a placebo. That's something that looks like a drug but is not. Whether you take an experimental drug or a placebo, you are helping doctors find better ways to treat patients.

Eligibility

You have to volunteer to be part of a clinical trial. Your doctor can help you find one. There are eligibility requirements you have to meet. Not all clinical trials are right for all patients.

Conclusion

Clinical trials are a valuable part of mental health research. They help us create better treatment plans for all mental health patients. Talk to your doctor to find out if a clinical trial is right for you.