



Stress Management for Adults with NF2 with deafness or severe hearing loss

The Family Center for Neurofibromatosis at Massachusetts General Hospital is conducting a research study aimed at helping adults with NF2 who are deaf or have severe hearing loss manage stress associated with NF2

❖ What does it involve?

- 8 group sessions led an MGH PhD level psychologist
- You will be asked to fill out a questionnaire on the computer at the beginning, end, and 6 months after the sessions
- All sessions will take place from your home, using Skype (a free software program) and CART (a tool to aid communication).
- Sessions are 60 minutes long and held once a week.
- This study DOES NOT involve taking medication

❖ Who can participate?

We are looking for adults who have a diagnosis of neurofibromatosis 2 (NF2), deafness or severe hearing loss, and who experience stress associated with these symptoms.

❖ What are the benefits?

If you participate in this research study, you will be interacting with other adults with NF2 like yourself and discuss strategies to manage stress and symptoms. There is no cost to participate in this study and your decision to participate will not affect your regular medical care. All participants will receive a patient manual.

❖ How do I join?

If you would like to learn more about this research study, please contact the study Principal Investigator, Dr. Ana-Maria Vranceanu, at avranceanu@mgh.harvard.edu.

*Thank you for considering our research study!
You will be helping us gather important information about a training
that may help other adults with NF2 in the future.*