

## What Does The Study Involve?

You will complete questionnaires before the study starts, and at the end of the study.

- The study will require you to participate in eight (8) art therapy sessions that will last approximately two (2) hours, once a week, at the clinic, with 11 other people.
- Your blood pressure will be measured each week.
- There will be one follow-up visit for you to complete questionnaires, have a final blood pressure measurement, and receive your participation stipend.

## Who Can Participate?

This study is seeking volunteers of all races, ethnicities, and backgrounds who are:

- 18 to 65 years old,
- Have a diagnosis of hypertension,
- Be taking at least one medication for hypertension,
- Be able to sit for 2 hours while creating art work, and
- Be able to speak and read English.



## What are the benefits of participating?

- You will be adding to the body of knowledge on how art therapy impacts health outcomes.
- You may find ways to lower your blood pressure without medications.
- You will have the fellowship of other people who have hypertension.
- You will receive a stipend for each session at the end of the study.

**To participate simply call or e-mail Dr. Traci's House**  
**Call: 813-510-5105, option 2**  
**Email: [Clinicalstudy@drtracishouse.org](mailto:Clinicalstudy@drtracishouse.org)**