Cognitive Behavioral Therapy (CBT) for Gastrointestinal Pain

Emeran Mayer, MD from UCLA G. Oppenheimer Center for Neurobiology of Stress and Resilience is conducting a study to test the effect of cognitive behavioral therapy (CBT) on the brain and gut in irritable bowel syndrome (IBS).

To be eligible, participants must:

- Have chronic abdominal pain with altered bowel habit for at least 6 months OR diagnosed with IBS
- Be between the ages of 18-55
- If female, not pregnant, post-partum or breast feeding
- Have no significant medical or psychological history
- Not currently practicing CBT or have completed CBT treatment in the last 2 years

Participation involves a screening, online questionnaires, a before and after CBT brain MRI visit with a blood and stool sample and 10 weeks of guided at-home CBT.

Men may earn up to $425 and women may earn up to $495 and everyone will get a digital image of their brain.

If interested, please call (310) 206-1719