

## **Brief Description of the Antibody Testing and the Clinical Trial Opportunity**

There is growing evidence that schizophrenia may be linked to inflammation resulting from an immune reaction to gluten, a protein found in wheat, barley and rye. This is found in about 1/3 of people with schizophrenia.

We have a study opportunity to get tested for these antibodies called antigliadin antibodies (AGA IgG) and you will find out if you are positive. If you are positive you will have the opportunity to possibly participate in the clinical trial.

The purpose of the clinical trial is to conduct a confirmatory double-blind randomized controlled trial in an inpatient setting to test the effects of a tightly controlled gluten-free diet (GFD) in people with schizophrenia or schizoaffective disorder who have antibodies to gliadin (AGA IgG). As part of the project we will also measure cognitive symptoms, changes in peripheral and central inflammation as well as gut/blood brain barrier permeability. You will have the opportunity for optional neuroimaging to test brain activity.

After the completion of the 5 week confirmatory study, we will discharge participants and follow them for 8 weeks in their own environment to test the maintenance of the effect following the stringent GFD, and provide education on gluten free shopping, cooking and eating. Study visits weekly will generally consist of a blood draw, vital signs, and side effects check as well as gluten free cooking and education groups. Participants are compensated for their time.

The study is being conducted by Dr. Deanna Kelly <http://www.medschool.umaryland.edu/profiles/Kelly-Deanna/> and her team at the Maryland Psychiatric Research Center, Treatment Research Program in Catonsville, MD, part of the University of Maryland School of Medicine and in collaboration with Dr William Eaton and his team at John's Hopkins University in the Bloomberg School of Public Health.

For more information contact: 410-294-9171 or [MPRC-TRP@som.umaryland.edu](mailto:MPRC-TRP@som.umaryland.edu)