



Stress in Dementia Family Caregivers Research Study

The purpose of the research is to examine caregivers' daily sleep, activity, and caregiving support to the patient, and their own cognitive health.

Requirements

- have primary caregiving responsibility for a loved one living with dementia
- the patient has a physician's diagnosis of early- or middle-stage Alzheimer's disease or related dementia
- co-reside with the patient living with dementia in the community
- are 55 years or older
- speak English

To register for a 30-minute screening assessment over Zoom to determine your eligibility:

yin.liu@usu.edu [435-797-4149](tel:435-797-4149)

IRB protocol #13162

Time Commitment

The baseline and 6-month interviews will each last about 90 minutes, and each of the daily phone calls will be about 30 minutes.

Process Overview

We will conduct baseline in-person interview for demographics and health, caregiving history, and care recipient characteristics, where we will collect your hair sample to determine the stress level.

We will then follow up immediately with a daily diary study, where we will call for your daily caregiving experiences across 8 days, during which you will also be asked to wear a wrist actigraphy and a hip accelerometer to track daily sleep and activities.

At 6-month, we will assess your cognitive health and well-being, and collect a hair sample again to determine the stress level.

We will compensate \$220 for your time in completing all aspects of the study.