

Invitation to participate in a research study

“Exploring the Lived Experiences of

Spousal Caregivers of Individuals with Serious Mental Illness (SMI)”

Purpose: The purpose of this study is to explore the daily experiences of informal caregivers. We want to understand the realities of your role and the impact of caregiving on your personal well-being. Your participation will help inform future support systems and resources for caregivers like you.

We are looking for individuals who:

- Are 18 years or older
- Are a spousal caregiver for a partner formally diagnosed with schizophrenia spectrum disorder, bipolar disorder, or major depressive disorder
- Have been providing unpaid care for at least one year, at least three times per week (regardless of living arrangements)
- Have access to a smartphone and the internet
- Can read, speak, and understand English

You will be asked to:

- Complete a brief intake interview to get started.
- Participate in a two-week study using a secure and private mobile app called Indemo.
- Complete 7 short, flexible tasks over the two weeks, sharing your experiences at your own pace.
- Respond to prompts using a mixed format, such as short videos, audio notes, photos, and/or written journal entries.
- Join a final virtual meeting to share any additional thoughts.

Location: The study is conducted entirely online using your smartphone. You can participate from the comfort of your own home and on your own schedule.

Incentive: As a thank you for your time and valuable insights, you will receive a PERMA-based information handout designed to support your well-being as a caregiver. Additionally, to further recognize your contribution, you will be entered into a drawing to receive one of four \$50 electronic gift cards upon completion of the study.

To learn more or to see if you are eligible, please contact:

Eunice Chung, Co-Investigator [Email: wc583@shp.rutgers.edu]