

Invitation to participate in a research study

Welcome to

“Exploring the Lived Experiences of

Spousal Caregivers of Partners 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
- Can read, speak, and understand English
- Have access to a smartphone and the internet

You will be asked to:

- Complete a brief intake interview to get started.
- Participate in a 2-week study using a secure and private mobile app called Indeemo. Complete 7 short tasks sharing your experiences at your own pace through short videos, audio notes, photos, and/or written journal entries.
- Join a final virtual meeting to share your experiences.

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 receive a \$50 e-gift card upon successful completion of all the study activities (the intake meeting, 2-week Indeemo project, and the final meeting).

Interested or need more information? please contact:

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