

Family Caregiver Writing Study

Are you the *caregiver* for a someone who has Alzheimer's Disease, other type of dementia, or a memory problem?

If so, you are invited to participate in a University of Iowa-sponsored research study that evaluates the effects writing about your caregiving experiences may have on your health.

You are eligible for the study if you:

- care for someone who is living in the home and has been diagnosed by a physician as having Alzheimer's disease, vascular, or a mixed type of dementia
- are 18 years of age or older
- are unpaid for the care you provide
- are the person who spends the most time helping the relative/friend (at least 4 or more hours per day)
- are able to read and write in English

Study Participants will be asked to:

Meet in their home, or in a quiet location of their choice, for an initial evaluation involving the completion of several survey forms.

You will be asked to write for only **20 minutes** on three separate days about your caregiving experiences. You do not have to be a "good writer" or worry about spelling, grammar, or sentence structure. We are just looking at the effect the writing activity has on your health. Following the completion of the writing sessions, participants will be asked to complete 5 short questionnaires on two more occasions. Compensation is offered for your participation.

For more information or to participate in the study:

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