

Do you care for a loved one with cognitive impairment or dementia?



You may be eligible to participate in a research study to determine if caregivers would find it helpful and useful to use a mobile app that delivers Mindfulness Therapy. You can earn up to \$60 for your participation in the study. The study is

**Potential Benefits from Participating:
Reduced Stress
Reduced Depression
Reduced Anxiety**

If you take part in the research, you will be asked to learn how to use Mindfulness Coach on your phone or tablet, use Mindfulness Coach at your convenience, and answer questions about your health, stress, and experience using Mindfulness Coach.

Participation may include:

- A 15 minute orientation to using the mobile application
- A 20–30 minute baseline interview with questions about caregiving, stress and health conducted over the phone.
- 3 follow up interviews over the phone approximately 10–20 minutes
- Use of a mobile app that teaches you mindfulness at your leisure

This research is being led by Elissa Kozlov, PhD from Rutgers University's Institute for Health, Health Policy and Aging Research located at 112 Patterson Ave in New Brunswick, NJ. The study is titled *Piloting an mHealth mindfulness therapy intervention to alleviate symptoms of stress for caregivers of older adults with cognitive impairment.*

If you're interested in participating, please call or email Danielle, our study coordinator at MCPIlotRA@gmail.com or (201) 380-3984.