



Are you a caregiver for a person with dementia?

Seeking informal caregivers of persons with dementia who experience stress to participate in a twelve-week app-based research study

The purpose of the study is to explore how mobile health applications impact stress levels in dementia caregivers.

You will be asked to:

- ◇ Be randomized to one of two different groups that will include downloading a mobile health app
- ◇ Participate in the app for 10 minutes daily for 12 weeks
- ◇ Complete online questionnaires at baseline, post-intervention, and follow-up

Qualifying and enrolled participants can earn up to \$50

**To check eligibility, visit the link at:
<https://bit.ly/3T270L8>**



SCAN ME

Participation is Voluntary

Questions or Concerns?
Email: MGHSTRIDEstudy@partners.org