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:

Questions or Concerns?
Email: MGHSTRIDEstudy@partners.org

Participation is Voluntary