

CAREGIVING STUDY INFORMATION SHEET

You are invited to be in a research study about caregiving experiences and well-being. The purpose of this research study is to explore caregivers' thoughts, beliefs, and experiences related to their caregiving role and life in general. Approximately 100 caregivers will take part in this study from the Alzheimer Society of Manitoba, the Alzheimer's Association TrialMatch database, and caregiver support groups that are part of the Alzheimer's Association Minnesota-North Dakota chapter.

Your participation in this study will take about 10-15 minutes and will consist of completing a brief survey about your caregiving thoughts, beliefs, experiences, and well-being by responding to questions and statements. If you choose to participate in this study, you are free to skip any questions that you would prefer not to answer.

You might learn more about yourself by participating in this study. You might have a better understanding of how you think about your caregiving experiences. Other people in similar situations might also benefit because this research could provide information to help plan programs, or make caregiver support services better.

You will not have any costs for being in this research study. The University of North Dakota and the research team are receiving no payments from other agencies, organizations, or companies to conduct this research study. There is minimal risk in participating in the study. As part of the well-being component of the interview, you will be asked some questions about depression. If you become upset by any question, you may stop at any time or choose not to answer a question. If you would like to talk to someone about how you are feeling, you are encouraged to contact the Alzheimer Society of Manitoba's Dementia Helpline at 1-800-378-6699.

Your responses in this study are completely anonymous and you will not be asked to include any personal information with your responses. Your participation is voluntary. You may choose not to participate or you may discontinue your participation at any time without penalty or loss of benefits to which you are otherwise entitled. Your decision whether or not to participate will not affect your current or future relations with the University of North Dakota.

The researcher conducting this study is Nicole Haverstock under the supervision of Dr. Joelle Ruthig. Nicole is originally from Brandon, Manitoba, and she completed her B.A. at Brandon University. She is currently studying clinical psychology at the University of North Dakota in Grand Forks, and this research is for her Master's thesis. If you later have questions, concerns, or complaints about the research please contact Dr. Ruthig at (701) 777-3533 during the day or after hours. If you have questions regarding your rights as a research participant, or if you have any concerns or complaints about the research, you may contact the University of North Dakota Institutional Review Board at (701) 777-4279. Please also call this number if you cannot reach research staff, or you wish to talk with someone else.

Approval Date: _____	MAY 19 2015
Expiration Date: _____	JAN 13 2018
University of North Dakota IRB	