



# DaSH

## Daily Stress and Health of Caregivers Study

### OPPORTUNITY TO PARTICIPATE IN A RESEARCH STUDY



The Daily Stress and Health of Caregivers Study is seeking volunteers to participate in a research study being conducted by the Pennsylvania State University. The purpose of the study is to look at the daily challenges and biological indicators of stress that family caregivers experience from day to day, and the role of adult day service programs. The DaSH Study is funded by the National Institute on Aging (NIA).

*To be eligible for the study, you need to:*

- ▶▶ Be caring for a family member with a diagnosis of Alzheimer’s disease or other form of dementia.
- ▶▶ Live with the family member with dementia.
- ▶▶ Have your family member attending an adult day program at least twice a week.

If you are interested in finding out more about the DaSH study or you are interested in volunteering, please contact the study’s Research Coordinator:

**Dr. Caryn R. Goodman, Ph.D.**

**201-897-0069**

**[Cgood243@hotmail.com](mailto:Cgood243@hotmail.com)** ← Click here to send a message directly

If you are enrolled in the study, you will meet with a interviewer who will conduct a confidential assessment of your current care situation. This initial session will take place at your home, or another location of your choosing, and will last about one hour. You will then participate in a series of brief daily telephone interviews where you will 1) complete a research diary in which you record specific experiences on that day; and 2) provide periodic samples of your saliva during the day. The saliva samples will be used to examine various biological markers of stress. All of the study procedures are simple, safe, and have received approval by NIA.

Research volunteers will receive compensation for their participation of up to \$150 for completing the study.



*Are you an adult day program interested in finding how to get involved?*  
Please contact Dr. Goodman for more information.