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UNIVERSITY OF
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Psychological well-being of informal carers of adults with intellectual disability

Volunteers needed for research study

What is the study about?

This study will explore the psychological well-being of non-professional carers of adults (18+) who have an intellectual disability. This includes family members, friends, neighbours and other carers providing regular, unpaid support to a person with an intellectual disability.

We will specifically be looking at the following:

- Stressful events involved with caring
- Methods used to manage stressful events
- Positive experiences of caring
- Support needs of carers

Who can take part?

We are looking for carers who are aged 18+, residing in the UK, who are caregivers for an adult (18+) with intellectual disability, and are able to communicate in English language.

What will it involve?

You will be invited to participate in one online interview, via Zoom. This will last 1hr on average, but may last longer. The interview will include questions on your experiences of stress and how you have managed this whilst you have been a carer. You will also be asked about positive experiences of caring, and your support needs.

There is no obligation to take part in this study. Should you choose to, you will be compensated for your time with a £15 gift voucher.

 **Please contact the following e-mail address for more information on participating in this study:** [**jxo636@student.bham.ac.uk**](mailto:jxo636@student.bham.ac.uk)

Thank you!

**This research project is approved by the University of Birmingham, and supervised by academic health psychologist
Dr Rebecca J Stack, University of Birmingham**