



STUDY INVITATION

Measuring family caregiver mood and stress

Do you care for a family member who needs support due to ill-health?

KING'S
College
LONDON

Ecological Momentary Assessment (EMA) is a way of asking people very brief and repeated questions about their wellbeing or experience of a situation.

The questions are meant to be answered quickly and at the time they are received. Questions are sent to a smart device such as a phone or tablet.

We are looking for **family caregivers** who are willing to trial using EMA to assess their stress for 4 weeks and then tell us what you think of it.

If you would be interested in taking part, please email: lifelines@kcl.ac.uk

Run by Professor Louise Rose and team, for a project exploring caregiver stress and the impact of peer support (KCL: MRA-22/23-3447), funded by the EPSRC



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