

You May Be Eligible for a Research Study!



Currently, there is very little known about the influence of sleep and day-to-day interpersonal interactions on experiences like loneliness, suicidal feelings, and/or hopelessness. We are conducting a study at Rutgers University that aims to improve our understanding of these issues and may ultimately help treatment providers to improve treatment and health outcomes.

Q: Who is eligible to participate?

A: Anyone between the ages of 18-65 with access to a smartphone or tablet is eligible to be screened for this study. If interested, please call or email the Interpersonal Research Lab at **848-445-3807** or **interpersonal@gsapp.rutgers.edu** to schedule a phone screening assessment.

Q: What does my participation in the study entail? Please note: all study procedures will be done remotely due to current social distancing guidelines.

A: *Part I.* If eligible, you will meet on Microsoft Teams with study staff to complete interviews, questionnaires, and computer tasks about your relationships, emotions, and behaviors.
Part II. You will complete at least six brief daily ratings (that take 5-7 minutes each) about your emotions, behaviors, and interactions with others in your daily life (accessed through your smartphone or tablet) over the course of two weeks (14 days). You will also wear an actigraph device on your non-dominant wrist 24-hours per day to track your sleep over the course of two weeks (14 days). The actigraph device will be shipped to you, and we will include a pre-paid shipping label for you to return the device to us at the end of 14-days.

Q: What is the time commitment?

A: The duration of your participation will be two weeks (14 days); the Part I assessment may take up to 3 hours to complete; the daily ratings in Part II take 5-7 minutes each.

Q: What are the benefits of participating in this study?

A: You will receive a \$30 Amazon gift card for completing Part I; a \$70 gift card for completing Part II; and you will be eligible for a \$25 bonus Amazon gift card if you complete at least 80% of your Part II surveys. You will also receive a report of your sleep for each night you wear the actigraph device. Finally, you will be making an important contribution to the understanding of how sleep and daily interpersonal experiences affect mood and behaviors.

Q: How do I sign up?

A: You should call or email the Interpersonal Research Lab at **848-445-3807** or **interpersonal@gsapp.rutgers.edu** if interested to determine your eligibility.



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APPROVED**

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