

# CAREGIVER EXPERIENCES AND MENTAL HEALTH AMONG DISABLED ADULTS

## WHAT IS THE STUDY ABOUT?

- Many disabled adults rely on caregivers for support with activities of daily living, and caregiving relationships can vary widely. This study examines caregiving experiences among disabled adults and how they relate to mental health.
- Participation involves completing a 45-minute online survey about your disability status, your experiences with your caregiver(s), and your mental health.

## STUDY TEAM

Bridget Klest, PhD, and Kathleen Bogart, PhD, are Professors of Psychology, and Melissa Shang, BA, is a Clinical Psychology PhD student at Oregon State University. They are experienced researchers and advocates in the fields of disability and mental health.



## ELIGIBILITY

You may be eligible to participate if you:

- Are 18 years of age or older
- Live in the United States
- Identify as a person with a disability or chronic condition
- Currently receive help with activities of daily living from at least one caregiver, such as a family member, friend, professional caregiver, or nurse

## HOW TO PARTICIPATE

Scan the QR code below!



**To learn more, contact us at [cemhstudy@gmail.com](mailto:cemhstudy@gmail.com)**