



Dear Participant:

Having a family member or close friend with severe mental illness can present difficulties for both the person with the illness and the caregiver of this individual. Concerns of caregivers have varied from the quality of their relationship with the mentally ill person to the state of their own health. In our research study, *Sleep Disturbances in Family Caregivers of the Mentally Ill*, we are exploring the extent to which sleep is a problem for family caregivers.

As someone who cares for a person with mental illness, you are very important in helping us describe how sleep is affected by this relationship. This survey is brief and should take no more than 10 minutes. You must be at least 18 years of age. Completion of the survey is evidence of your consent to participate.

You are asked to voluntarily provide specific information to this web site. You may skip any question or stop participating at any time. Only the researchers on the project will have access to the individual information you supply. When findings from the study are reported at professional conferences or in published articles, only group data will be reported. No individual answers will be identified. The questionnaires will be kept in a locked file for 3 years in the researcher's office. After that time they will be shredded. You should be aware that although the information you provide is anonymous, it is transmitted in a non-secure manner. There is a remote chance that skilled, knowledgeable persons unaffiliated with the research project could track the information you provide to the IP address of the computer from which you send it. However, your personal identify cannot be determined as long as you do not put your name on the survey.

The survey poses no direct benefit or risk to you although reflection on questions about sleep disturbances may cause you to feel discomfort. You may find that it is satisfying to contribute to research that could help future caregivers of mentally ill persons.

You can begin the survey by clicking the link below.

http://www.surveymonkey.com/s.aspx?sm=MEqXYhytI05IdtZD5ycNjg_3d_3d

You have the right to have any questions about the study answered and may contact the principal investigator, Dr. Sharon Leder (leders@gvsu.edu or call 616-331-7176). If you have any questions about your rights that have not been answered by the investigator, you may contact Grand Valley State University, Human Research Review Committee Chair, Dr. Paul Reitemeier (reitemep@gvsu.edu). If you would like a summary of the results sent to you, please email Sharon Leder.

Thank you for your participation.