

PARENTS WANTED FOR A RESEARCH STUDY ON REDUCING STRESS

Relaxation and Guided Imagery Intervention for Parents of Children with Developmental Disabilities

The purpose of this research is to explore if using relaxation and guided imagery recordings every day can help **parents of children with developmental disabilities** to reduce feelings of **anxiety, stress, and depression** and improve their **quality of sleep**. You will fill out forms on stress, anxiety, depression, and sleep quality at the start and end of the research study. You will be randomly assigned (like by the flip of a coin) to one of two groups: Group 1 participants will be required to listen to relaxation and guided imagery recordings immediately and Group 2 will be provided with the recordings in approximately six weeks, after the second in-person meeting. Participants will fill out a form at the end of the research study asking how satisfied they were with the experience. The study will last approximately **6 weeks**. Participants are required to **attend two meetings** (one at the start and one at the end of the 6 weeks) and listen to a recording for **20 minutes every day** for 6 weeks.



Eligibility:

- Daily access to a smartphone
- Parent of a child with a developmental disability
- Ability to listen to recordings for 20 minutes per day for 6 weeks
- Ability to attend two meetings (one at the start of the research study and another approximately 6 weeks later)
- Ability to speak and understand English fluently
- Willingness and ability to complete questionnaires on anxiety, stress, depression, and sleep quality

Benefits:

- All participants will receive 3 free relaxation and guided imagery recordings for their use

For more information, please contact
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