Informed Consent

Project title: WECARE: A Behavioral Intervention for Dementia Caregivers

Trial Registration: ClinicalTrials.gov Identifier: NCT05992467

IRB Approval Date: August 31, 2023

Approved by: George Mason University Office of Research Integrity and Assurance

Wellness Enhancement for Caregivers (WECARE 2.0)

Pilot study

INFORMED CONSENT FORM

IRBNet#2069332-1

RESEARCH PROCEDURES

This project is being conducted by the George Mason University at Fairfax, Virginia. The purpose of the project to pilot test a psycho-educational program to improve psychosocial wellbeing of Chinese American family caregivers of persons living with Alzheimer's Disease and related dementia. The program is called Wellness Enhancement for Caregivers (WECARE). If you agree to participate, you will be asked to participate and test the WECARE program. You will first complete a baseline survey online (15~20 minutes), then receive the WECARE program over 7 weeks on your WeChat account. Each week, you will receive 6 short articles (for a total of 85~120 minutes reading time). After that, you complete a follow-up survey online (15~20 minutes). In total your participation time is 115~160 minutes. During the 7-week period, you will also receive a text message each week on your WeChat asking how you feel during the week and you can respond by selecting one of emojis. You also have the option to wear a Garmin wristband (provided by us) and allow us to access your data of sleep, physical activity, and stress during the 7-week period. We will send you personalized feedback based on your data. About 1-2 weeks after the WECARE program, you will receive a link for a follow-up survey. We will not collect any personal information like your name or address. We are interested in if the WECARE program is feasible for Chinese American dementia caregivers.

RISKS: There are no foreseeable risks for participating in this research.

BENEFITS: There is no benefit from participating in the study. You will receive information about caregiving of persons living with Alzheimer's Disease or related dementia tailored for Chinese Americans, delivered to your social media account.

CONFIDENTIALITY: The data in this study will be confidential. Any individual that agrees to participate in the study will be given a unique identifier, and only this identifier will be used on the study notes. All notes will be kept on a secure server and will only be available to project staff. Your information will be used solely for research purposes. The Institutional Review Board (IRB) committee that monitors research on human subjects may inspect study records during internal auditing procedures and are required to keep all information confidential.

PARTICIPATION: If you are 21years or older, self-identified as Chinese or Chinese American, living in the Greater Washington DC area, taking care a family member of loved one who has been diagnosed with Alzheimer's Disease or related dementia, and use WeChat as social media app, you are eligible to participate. Your participation is voluntary, and you may withdraw from the study at any time and for any reason. If you decide not to participate or if you withdraw from the study, there is no penalty or loss of benefits to which you are otherwise entitled to. There are no costs to you or any other party. You will receive a $100 e-gift card, delivered to your email or social media app, as a compensation for your time to participate in the study. Under the U.S.

federal tax law you may have individual responsibilities for disclosing the dollar value of the incentive received on this study.

CONTACT: This research is being conducted by Dr. Alicia Hong in the Health Administration and Policy department at George Mason University. Dr. Hong may be reached via phone 703-993-3583 or email yhong22@gmu.edu for questions or to report a research-related problem. You may contact the George Mason University IRB office via 703-993-4121 or irb@gmu.edu if you have questions or comments regarding your rights as a participant in the research.

This research has been reviewed according to George Mason University procedures governing your participation in this research.

CONSENT: If you agree to participate in this study, please indicate so

____ Yes I agree to participate (Proceed to the survey)

____ No I do not agree to participate (Stop here)

____ I have more questions (Connect to the contact info of the researcher)

____ I agree do be audio recorded

_____ I do not agree to be audio recorded