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Family CAREGIVERS: CHRONIC STRESS AND COGNITION

Shiley-Marcos Alzheimer's Disease Research Center (ADRC)
U. of California, San Diego (UCSD)

Hahn School of Nursing
University of San Diego (USD)

Bayside Community Center

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Human Research Protections Program
UC San Diego
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What is the purpose of the study?
The purpose of this study is to measure changes in thinking skills or cognition (e.g., memory, attention, problem solving) in older Hispanic and non-Hispanic spousal or family caregivers of patients with Alzheimer's disease (AD) and in older spousal or family non-caregivers.

Spousal or family caregivers of AD patients may experience caregiving as a source of chronic stress. Chronic stress may increase the risk of problems in cognition, such as memory and problem solving.

Who is eligible for the study?
We are looking for individuals who:

- Are 50 years of age or older,
- Do not have any significant difficulties with memory/thinking
- Are caring for a spouse or family member with a diagnosis of AD
- Has a spouse or other close family member who has no significant difficulties that require care.

What are subjects asked to do?
Subjects will be asked to complete 2 separate study visits, approximately 15 months apart. Visits will involve:

- Either an oral sample of saliva (spit) or blood draw (first visit only)
- Paper & pencil questionnaires – asking about things such as daily activities, mood, and sleep
- Cognitive testing – to measure ability to concentrate, remember new information, reason and problem solve.

What kind of time commitment is required by the study?
Each of the two study visits will take approximately 2½ hours.

Where will the study take place?
The study will take place at:

- ADRC, La Jolla
- Bayside Community Center
- USD Hahn School of Nursing
- Subject’s home

Are there any risks to me as a participant in this study?
Participation in the study could lead to fatigue or boredom, or bruising from the blood draw. Rest periods will be provided, and the tests have been designed to be as interesting as possible.

What is the benefit to me of participating in this study?
There is no direct health benefit from participating in this study. You may benefit from the knowledge that your participation may further scientific research and help others in the future.

How do I find out more information about participating in this study?
If you are interested in learning more about this study and possibly participating, please contact:

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or

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