

## STUDY ADVERTISEMENT

### CAN DOING **BEGREW** BENEFIT YOU?

- ✓ Do you provide unpaid care to a relative, friend or another person who has symptoms or a diagnosis of Parkinsonism or Parkinson's disease?
- ✓ Do you provide this care in a home or community-based setting?
- ✓ Do you have access to the internet through a home computer, smartphone or other device?



**If so, we are keen for you to test our brief online writing exercises!**

We have designed an online Brief Exercise in Guided and Reflective Writing (BEGREW), which aims to reduce the levels of stress that informal carers like you experience. However, we need to find out how well it works and if we can improve it!

Would you be willing to complete up to four writing exercises over two weeks? You can write when and how ever much you prefer to during that time, although we do encourage you to write for at least 15 minutes. We also want to talk to carers after they have tried BEGREW to understand how they found using it.

If you would like to know more about our study, or you are interested taking part, please contact Neil Boyt on the following email address:

[n.boyt@pgr.reading.ac.uk](mailto:n.boyt@pgr.reading.ac.uk)

This study has received ethical approval by the PCLS School Ethics Research Committee project [2024-086-AH](#), end date 01-05-25'

**We look forward to hearing from you soon!**