

THIS STUDY NO LONGER RECRUITING

Name of Study: Online Journal Writing as a Tool to Reduce Stress for Mothers with a Child on the Autism Spectrum

Location: Online study; open to participants anywhere in the world

Eligibility Criteria: Mothers of children with an autism spectrum disorder who are living at home

Principal Investigator: Rondalyn Whitney, MOT, OTR/L, Ph.D. candidate at TUI University

Contact Information: JournalWritingForMothers@gmail.com

Study Link: <https://www.surveymonkey.com/s/N798P5N>

Dear Parent,

I would like to offer you an opportunity to participate in a research study that will help determine how journal writing, used as an intervention strategy, affects maternal stress and mother-child interactions. This study will contribute to evidence-based research helping families deal with the stress of raising a child with autism.

Your participation in this research study will involve completing eight weekly online journal writing sessions, each approximately 10-15 minutes. Sessions can be completed at home and on your own schedule. In addition, there will be a brief questionnaire before and after this 8-week period.

After you complete the final questionnaire, you will be entered in a raffle to win a \$25 Amazon.com gift certificate! (Odds in winning are 1 in 25.)

If you are interested in participating in this research study, please follow this link <https://www.surveymonkey.com/s/N798P5N> to complete the consent form online. Once you have completed the consent document you will receive further information and instructions regarding registering and participating in the journal writing study.

If you have any questions or comments, please do not hesitate to contact me at JournalWritingForMothers@gmail.com.

Thank you,

Rondalyn Whitney, Principle Investigator
Ph.D. candidate at TUI University

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