

Are you a spouse or partner of a person with a traumatic brain injury (TBI)? Researchers at Kessler Foundation are conducting a tele-health study comparing the effectiveness of two different types of group wellness interventions for partner caregivers of individuals with TBI.

This study is open to men and women at least 18 years of age who meet the following criteria:

- You are in an intimate relationship with a person with TBI for at least one year prior to their injury.
- Your partner was discharged from inpatient rehabilitation at least 3 months ago.
- You provide care to your partner on a daily basis.
- You have access to the internet in a private location.

The study will take 20 weeks to complete. All participation will take place through a secure online website and live video conferencing - no in-person visits are required! Participation will include:

- Completing questionnaires during week one (1-2 hours).
- Attending one 75-minute online wellness class per week for a total of six weeks.
- Completing follow-up questionnaires during week 8 (1-2 hours)
- Completing follow-up questionnaires during week 20 (1-2 hours).

There will be no contact required between weeks 8-20.

You will be compensated \$300 for completion of the study.

If interested in participating, please contact Samantha Schmidt at sschmidt@kesslerfoundation or at 973-323-3686. Thanks!