

Partners Using Linked Strategies Effectively (PULSE) Study

PURPOSE OF THIS STUDY:

The primary purpose of this study is to examine how partners navigate their daily lives and manage it together. In addition, we want to better understand how partners shape each other's health behaviours. The results of our study will help us to understand everyday health behaviours in couples, and provide the foundation for future interventions to promote the health of stroke survivors and their partners.

WHO CAN PARTICIPATE?

You can participate in this study if you or your partner has had a stroke, you are living in the community, and you can walk at least 10 meters (with or without the help of a mobility device). Because the daily questionnaires are completed using a tablet computer, you need to be able to read newspaper size print and handle a device the size of a book. We will teach you everything you need to know about how to use the tablet. Due to our focus on social relationships, we need you and your partner both to participate.

WHAT IS INVOLVED?

This study involves taking part in two measurement sessions, fourteen days apart. In between sessions, you will be asked to provide a blood draw and to complete short questionnaires on your everyday activities and health behaviours on a tablet computer. During the fourteen days, we further ask you to wear physical activity monitors and take pictures of everything you eat and drink with the tablet.

CONTACT INFORMATION:

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PRINCIPAL INVESTIGATOR

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STUDY TIME/DURATION

The study is recruiting throughout the year 2017 and into 2018.

STUDY LOCATION

Currently recruiting in metropolitan Vancouver and other places in the Lower Mainland. The team is also planning to recruit in other areas within BC, such as Prince George, the Interior, and Vancouver Island.

To learn more about this study, visit vchri.ca/participate