

Memory And Aging Research Programs

Stress and Wellbeing of Older Adults: A Dyadic Inquiry using Smart Watches

Researchers in the Department of Human Development, Department of Psychology, and School of Electrical Engineering and Computer Science at Washington State University are examining using Smart Watches to detect day-to-day patterns of activities and interactions in everyday environments between partners (dyads). We believe this project will have important implications for providing future older individuals coping with memory difficulties and their care partners effective tools to help with maintaining independence and quality of life.

Who we need:

- Partners/Spouses (age 50+) who live together in the community where **one partner is experiencing memory difficulties**
- Both partners speak fluent English



Length of study:

- Two weeks

Tasks involved if you participated:

- Complete a questionnaire packet at the beginning and end of the study period.
- Wear a smart watch continuously for two weeks.
- Answer prompts on the watch about your mental health up to 6 times a day.

Individual benefits include an honorarium of up to \$125 for each member of the dyad. You will learn about smart watch technologies and how they can be utilized to assess interactions with your partner.

For more information, please call: (509) 335 - 4596

Your participation is needed!!

Principal investigators: Drs. Raven Weaver, Maureen Schmitter-Edgecombe, and Diane Cook. This project has been reviewed and approved by the Washington State University Review Board for human subject participation (IRB# 19270-001).