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**Can you help us understand more about resilience and distress in unpaid caregivers during the COVID-19 pandemic?**

**We are seeking participants who are either 1) long term caregivers, or 2) people not currently in a caregiver role, to take part in this online study.**

With increasing number of people suffering from long-term physical and mental health conditions, more individuals end up in long term caregiver roles for loved ones. This can have a significant impact on the caregiver’s wellbeing. Many caregivers report psychological distress and the impact of COVID-19 and social distancing will increase stress for many people, but may have particular implications for caregivers. Understanding how people remain resilient to the stress of COVID-19 and whether this differs between those who have been long-term caregivers, and those who have not, is vital in order to identify new interventions to help support caregivers during times of national crisis such as COVID-19.

All participants must be over 18 have fluency in English, and normal or corrected to normal vision. Caregivers must have been in an unpaid caring role for at least six months, caring for an individual with **multiple sclerosis, dementia, cancer and/or a mental health condition**.

If you would like to take part, you will be invited to complete a series of questionnaires and a simple computer task online at a time that suits you.

The online questionnaires and task will take approximately **35 – 40 minutes** to complete. The questionnaires will ask you about your thoughts, emotions, and mood. The task involves ordering sets of words into sentences. To contribute towards your time, you will have the chance to enter a prize draw to win **1 of 20 £10 prizes, 1 of 2 £50 prizes, or 1 of 2 £100 prizes**.

If you are interested in the study, please visit:

<https://kclbs.eu.qualtrics.com/jfe/form/SV_eLQEWeDymGK5E5n>

You can also contact Emma in the research team by email on emma.wilson@kcl.ac.uk

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Ethics ref: HR-19/20-14617