



Treatment for Stress and Anxiety for People with Mild Cognitive Impairment AND their Care Partners

Florida State University Department of Psychology
The Ohio State University Department of Psychiatry and Behavioral Health &
Ohio University Department of Psychology

This study is being sponsored by the National Institute on Aging to investigate the impact of a treatment on anxiety and stress in individuals living with Mild Cognitive Impairment (MCI). A support partner is required to complete the program with the participant.

The treatment will take place at [SITE] and will consist of seven two-hour in-person appointments over 6 months. The sessions will be delivered by a clinical psychologist and his staff using a program that has been used effectively in hundreds of individuals.

Who May Benefit: People dealing with anxiety or stress and/or those with a diagnosis of Mild Cognitive Impairment (MCI), also called Mild Neurocognitive Disorder (MND) may benefit. The diagnosis may be due to Alzheimer's disease, Lewy Body disease, vascular disease, frontotemporal dementia or other causes.

The partners (spouse, partner, sibling, adult child or good friend) also may learn and experience benefits from the treatment.

The most important criteria to participate are listed below.

The participant with MCI must:

- Be at least 60 years of age
- Have a "care-partner" that is willing to participate in the full program (such as a spouse, child or a good friend)
- NOT have a terminal illness or severe motor impairment
- Be able to use a computer and smartphone and read English at the 6th grade level

The care partner must:

- Be at least 18 years of age
- Be able to use a computer and smartphone and read English at the 6th grade level

Not sure if you're eligible? Contact us for more information!

How much does the study cost? There is no cost to the program and you, and your partner will both be compensated up to \$320 for your time.

For more information call [INSERT SITE CONTACT INFORMATION]