

The RISE Study

STUDY SUMMARY

Rhythms After Loss For
Improving Suicide Risk in Elders

pittwellstudy.com/rise | RISE_research@pitt.edu

Research Study Contact
Emilee Croswell | 412-436-9838



WHY PARTICIPATE IN THIS STUDY?

OUR PURPOSE

The University of Pittsburgh is doing a research study to learn about how people take care of themselves after they have lost their spouse or life partner. This study is funded by the National Institute of Mental Health. We want to recruit 169 people for this study.

This study will help us figure out if paying more attention to things you do for your health might help you cope with the loss of a partner. In other words, if we monitor what things you do for your health, will it help you process this loss? Will it help your health?

Being in this study may also help if you are feeling sad or struggling with your mood. The visits will be completed in-person or virtually.

STUDY TIMELINE

01

BASELINE

Over Zoom or In-Person

[healthy rhythms program starts]

02

MONTH 1

Short Check-In, \$15

03

MONTH 2

Short Check-In, \$15

[healthy rhythms program ends]

04

MONTH 3

Zoom or Phone, \$75

POST-HRP PERIOD

05

6 MONTH VISIT

Over Zoom or
In Person, \$100

06

9 MONTH VISIT

Over Zoom or
In Person, \$100

07

12 MONTH VISIT

Over Zoom or
In Person, \$100

WHAT WILL I BE EXPECTED TO DO?

HOW TO JOIN THE STUDY

To see if you are a good fit for this study, we would like to:

- **talk with you** on the phone briefly
- do a **visit** in person or virtually

If you join, we will send you information about the study. Someone on our team will speak to you and answer questions about the study.

WEARING AN ACTIVITY WATCH

We will ask you to wear an activity watch, which measures your sleep and activity, 7 times (for a week) throughout the study:

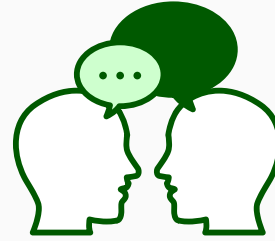
- Baseline
- Month 1
- Month 2
- Month 3
- Month 6
- Month 9
- Month 12

HEALTHY RHYTHMS PROGRAM

For the **3 month** period, **all participants** will participate in a **digital health program**.

HEALTHY RHYTHMS PROGRAM CONTINUED

- Wear an actigraphy watch
- Use an online daily diary to track your sleep, meals, and activity
- Speak with a health coach weekly:
 - sessions will take 15 to 60 minutes
 - they may help you to learn new ways of reaching your health goals
- Complete 2 check-ins at Month 1 and Month 2



After the 3 month period, you will have in-person/virtual visits at months 6, 9, and 12.

COMPENSATION

You will receive a total of **\$405** after completing all aspects of the study.



Tasks Completed	Compensation
	Healthy Lifestyle Program
1 Month Check-In	\$15
2 Month Check-In	\$15
3 Month Visit	\$75
	Post-HLP Period
6 Month Visit	\$100
9 Month Visit	\$100
12 Month Visit	\$100
Total	\$405

VOLUNTARY CONSENT

Taking part in this study is **your choice**.

Our staff will explain this study to you and will answer any questions you may have. If you decide to participate, participation in this study will last up to 12 months or until you notify the study team that you no longer wish to participate. The risks of being in the study are the same as risks we have when we do these things in everyday life - things like talking about our health, doing interviews, or wearing an activity tracker are common and considered "minimal risk."