

Volunteers Needed for Research Study on iACT4CARERS

Are you currently supporting a family member living with dementia? Are you experiencing worries or distress and interested in receiving online support?

You may be eligible for a large trial testing if internet-delivered self-help Acceptance and Commitment Therapy for family carers of people with dementia (iACT4CARERS) is helpful in improving psychological well-being.

iACT4CARERS focuses on helping people to manage difficult or troubling thoughts and feelings, while still trying to do activities that really matter to them.

Visit our website

iact4carers.com

Email us

iact4carers.study@uea.ac.uk

***We can arrange an interpreter
should you require one***

Scan the QR code to
watch our video



iACT4CARERS
<https://iact4carers.com>