



MindWalk



go.uic.edu/MindWalkScreeningForm

A Mindful Walking Intervention for Older South Asian Family Caregivers of People with Intellectual and/or Developmental Disabilities (IDD)

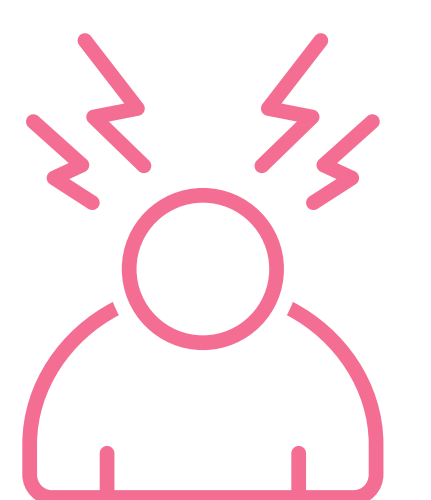
MindWalk is a research study. This is a **12-week mindful walking intervention**. You will receive training on mindfulness strategies while you are walking. You will be sent a Fitbit to wear to track your physical activity. You will also receive an activity logbook to keep track of your walking, personalized text messages to help remind and motivate you to walk, and regular check-ins with a team member.

We are currently looking for South Asian family caregivers (50 years or older) caring for a person (of any age) with IDD like autism, Down syndrome, cerebral palsy & others who are interested in a mindful walking program.

You may participate if you:



- Only get about 60 minutes or less of physical activity a week.



- Do not currently engage in mindfulness training.

- Are experiencing stress.



- Own a smartphone with a data plan or Bluetooth-enabled device
(e.g., tablets such as iPad that can also receive text messages.)

Note: We are looking for 50 participants who will be randomly assigned to be part of either the intervention or control group. All the participants, both in the intervention and the control group will get \$60 to complete assessments at 3 time-points (\$20 for each assessment). The participants in the intervention group will also get to keep the Fitbit device after the completion of the study. The outcomes & benefits of this intervention may include stress reduction, improvement in cognition, physical activity & self-efficacy. The participants in the control group will be provided with psychoeducation materials on benefits of walking.

Would you like to participate in this research study?

If interested, please complete this form:

<https://go.uic.edu/MindWalkScreeningForm>

OR

CALL: 312-996-1002 OR Email: smurthy@uic.edu

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