

## ***Work, Family, and Life During a Pandemic***

### **Call for research participants**

How have you been affected by the COVID-19 pandemic? What new stressors and challenges have this pandemic brought to your life, and how are you coping? A team of researchers at Carleton University, with support from Canadian Mental Health Association Ontario, would like to know how you are managing work, life and family responsibilities during the restrictions imposed during the pandemic and under the physical/social distancing requirements.

#### **Who can participate?**

We are looking for 'Gen Xers' in Ontario, people between the ages of **35 and 55**, who are **employed** and **have children** who live (at least part-time) in their home. If you fit either of these categories, we would value your participation in this study.

#### **What's involved?**

Participants will be asked to complete an intake survey asking questions about basic demographics, such as age and gender. For the purposes of the study, we would like to know what kind of job you have, if you are working from home, and learn about your family and current living situation. We will also ask about your levels of perceived stress, anxiety, and depressed mood. In order to understand how participants are coping over time, we will be requesting your phone number or Skype handle for weekly phone calls at a mutually agreed upon time.

Once a week, you can expect a phone call from a researcher who will interview you for about 15 minutes. You will be asked questions like:

1. What roles or responsibilities consume most of your time and energy?
2. What were the top 3 challenges that you faced last week?
3. Who have you been turning to for support? What types of support have they given you?
4. What are 3 things you are doing to help yourself (and your family) get through this period of uncertainty?
5. What was the best thing that happened to you last week?
6. Where do you get your information and guidelines for coping with COVID-19?

#### **How long will this study last?**

We hope to keep collecting data as long as the physical/social distancing measures are in place. Once they are lifted, we will conduct a final exit interview with you.

**If you are interested in participating, please email Michael Scarpitti at [mscarpitti@ontario.cmha.ca](mailto:mscarpitti@ontario.cmha.ca)**