



Grand Canyon University
College of Doctoral Studies
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RECRUITMENT

Date: 8/26/2023

I am a doctoral learner under the direction of Professor Dr. Kristy Hirschberg in the College of Doctoral Studies at Grand Canyon University. My name is Shannon Horton-Garcia. I am conducting a research study on a self-regulation technique called Emotional Freedom Technique. This research is to examine if this self-regulation technique is effective in the reduction of caregiver burden, and improving caregiver perceived wellbeing and coping resources.

INCLUSION- I am recruiting individuals that meet these criteria:

- You are an adult non-professional female caregiver to an adult (18 years or older) with chronic illness, such as, cancer, dementia and/or Alzheimer's disease.
- Live in Southwestern Arizona.
- Willing to answer demographic questions of age, family income level, education level, race/ethnicity.

EXCLUSION- You cannot be in this study if:

- You are not a caregiver to an adult (18 years or older) with chronic illness, such as, cancer, dementia, and/or Alzheimer's disease.
- A male caregiver.
- A minor.
- A caregiver to a chronically ill minor (17 years or younger).
- Know the researcher.
- Do not live in Southwestern Arizona.

The **ACTIVITIES** for this research project will include:

- You will take part in the 2–3-hour class style study learning the self-regulation tool Emotional Freedom Technique. This includes completing three assessments pre and post class. Each assessment will take 3 to 5 minutes each.
- You will continue to practice the Emotional Freedom Technique sequence and phraseology for 7-days post class. You will complete the final set of three assessments.
- You will submit the final post assessments to the researcher. You may submit these final assessments in-person or by email.

Your participation in this study is voluntary. Participants will be paid a \$30 Amazon Gift Card for their full participation, completion, and submission of all pre/post assessments to the researcher.

All data in this study is protected. A unique identifier is assigned to each participant. All paper assessments have this unique identifier already pre-labeled on them.

If you have questions about this study, please contact me at 602-718-4537 or my secure email at GodWins888@proton.me

Thank you!

GCU IRB_v2.0_11.8.21. Edited by Dr. Twyla Williams-Damond