

## **Title of Study: Pain Knowledge Needs of Family Caregivers and Persons Living with Dementia: Role of Virtual Reality as a Training Modality**

**Location:** Saskatchewan

### **Study Description:**

We developed virtual reality videos for family caregivers and people living with dementia that are meant to be a source of pain management and relaxation. We are seeking feedback on these videos from family caregivers and persons living with dementia who are able to share their thoughts and perspectives.

This information will be shared with healthcare providers and family caregivers through presentations, reports, user-guides, and a manuscript for researchers and healthcare providers. We will also share summaries of the findings on social media (Facebook).

### **What Will Happen During the Study?**

We will loan participants a virtual reality headset for up to one week and ask them to report what effects watching the videos have on pain, mood, wellbeing, and energy levels (tracked each time the video is watched). At the end of the week, we will interview participants about their perspectives on virtual reality in general and on the videos (telephone or online). Participants will also be asked to answer 8 demographic questions. Total video time is 60 minutes (broken into 6 shorter segments). Participants may use the headset for up to one week to watch the videos as often as they want. The interview will last 30-60 minutes. The demographic questions will take 5 minutes. We will use a summary of the information collected to guide future use of the virtual reality videos - to know what the effects of the videos are on pain as well as if side effects were experienced.

### **Eligibility: Who Can Participate?**

- Family caregivers (friends or family of persons living with dementia who provide company or assist with care needs) and persons living with mild to moderate dementia (able to provide responses to questions about their thoughts on the virtual reality headset and videos).
- Participants must be 18 years of age and older and must be able to read and answer questions in English.
- Participants must live within a 1-hour drive from Saskatoon.

**Recruitment Start Date:** July 1, 2021

**Recruitment End Date:** October 30, 2021

### **Contact Information**

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