

## Has COVID-19 affected your sleep?

Volunteers needed for research study exploring the sleep habits and routines of adults diagnosed with mental disorders during COVID-19.

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### What is this study about?

We are Kean University 2nd year Occupational Therapy students conducting a research study through in-depth interviews which will be held virtually via Zoom. The study will explore sleep habits and routines after COVID-19 related shutdowns that occurred in March of 2020. The study is interested in adults with diagnosed mental disorders and who were diagnosed prior to COVID-19. The study is completely voluntary and you are not obligated to participate. There is no compensation for participating in this study. This study is for educational purposes only, so your participation would add valuable research information which could lead to a greater understanding of the impact of COVID-19 on sleep habits and routines for adults living with mental illness through the lens of occupational therapy.

### Who do we need?

We are currently looking to invite 10 adults over the age of 18 with a diagnosis of Mental and/or Substance Use Disorders prior to COVID-19. Participants must be able to read, write, and speak in English and must be able to access the internet and email.

### I'm Interested! Where do I begin?

If you match the research criteria and are willing to participate, you may reach out to the primary investigator, Monique Schulmann at [moschulm@kean.edu](mailto:moschulm@kean.edu). Participation in this study will be conducted on a first-come-first-serve basis. If you qualify for the interview process, you will be notified via email and directed to a consent form link. If you have any additional questions please do not hesitate to contact the primary investigator, Monique Schulmann at [moschulm@kean.edu](mailto:moschulm@kean.edu).

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