



Leibniz-Institut
für Präventionsforschung und
Epidemiologie – BIPS



GKV-Bündnis für
GESUNDHEIT

The M-Gender project is financed by the *GKV Bündnis für Gesundheit* and carried out by the Leibniz-Institute for Prevention Research and Epidemiology – BIPS

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M-Gender

Developing and testing of a digital intervention
to promote mental health among
informal caregivers

**Interview participation with an
expense allowance of 30€:**

An interview study among persons who provide
informal care to their relatives
(parents, spouses/ partners)

Informal caregivers wanted to take part in interview study!

Caring for relatives is often perceived as enriching, but it can also be stressful for the caregiver and even impair their health and wellbeing.

The **M-Gender project** aims to develop a digital offer to promote mental wellbeing among informal caregivers. In order to accurately meet the needs and expectations of informal caregivers, we would like to conduct a personal interview and gain an insight into your everyday life as an informal caregiver and into your coping strategies. In addition, we would like to explore your needs and requirements for a health promotion offer.

What is an informal caregiver?

Informal caregivers are persons who...

- ...support their elderly relatives or spouses/partners in everyday life
- ...through different caregiving tasks
- ...at home or in a care facility
- ...in a non-professional and unpaid way (except for *Pflegegeld*)

What is a caregiving task?

Caregiving tasks include everyday activities such as:

- Physical care (washing, assistance with using the toilet)
- Cooking, assistance with eating and drinking, giving medication
- Assistance with walking, getting up, (un-) dressing
- Grocery shopping, cleaning, doing laundry
- Making appointments, phone calls, bureaucracy

How does the interview work?

The personal interview takes about **60-90 minutes**. Participants receive an **expense allowance of € 30**. The interview can take place at your home, in the premises of the BIPS (Bremen Horn-Lehe, Bremen Osterholz / Ellener Hof) or at another location of your choice.

COVID-19 protective measures: The interviewer will show a daily negative test result or a vaccination certificate, ensure that there is sufficient physical distance and, if desired, wear a mouth-and-nose-protection. The interview is anonymous: the content is scientifically evaluated and your personal information is not passed on to third parties.

Get in touch:

If you would like to take part in an interview, you can reach the research team by phone via **0421 / 218 56911** (Monday-Thursday, 9-16h) or by email via **m-gender@leibniz-bips.de**.

**Thank you for supporting our research
by taking part in our study!**