

Combating Loneliness During COVID-19: Mobile-Assisted Compassion Training for Seniors (Virtual Individual-level Intervention)



The new COVID-19 pandemic and resulting shelter-in-place policies are likely to increase feelings of loneliness and stress. Our research team, led by Dr. Dilip Jeste at the University of California San Diego, is currently recruiting participants for a study where you will participate in a 18-week program, conducted entirely through virtual/remote means (i.e., Zoom and/or telephone). The technology-supported individual sessions will focus on enhancing empathy and compassion in order to reduce loneliness and promote well-being.

What does participation involve?

4 virtual study visits over 18 weeks, each approximately 2.5 hours in duration, which includes:

1. Collection of demographic information and self-report measures
2. Completion of surveys/tasks using smartphone and/or tablet.
3. Memory and concentration tests
4. Wear Fitbit activity watch

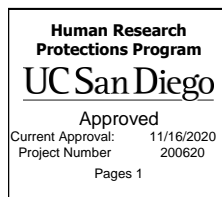
Please Note: All study visits and intervention sessions will be conducted remotely through video/audio communications (i.e. Zoom) and/or phone.

Attend 6-week Program:

- You will meet with study staff member for 30 minutes, twice a week.
- As part of the program, you will learn about empathy, compassion and loneliness.
- You will be asked to set short-term individualized goals to promote compassion in daily life, keep a gratitude diary, practice mindfulness, etc.
- Technology such as videos will be used to strengthen engagement.

Qualifications for Participation:

1. Age 65 years or older
2. Committed to attending twelve 30-minute individual sessions
3. Ability to read/write English
4. Ability to provide informed consent



You will be compensated \$100 for your participation in the entire study!

We will be recruiting over the next few weeks. To start now, please call our study coordinator, Frankie Sullivan at (858) 246-3034

UC San Diego Health