



Take part in an online study on social relationships and health in times of physical distancing

Allies in Health: Social support for health behaviours and combating loneliness in the face of COVID-19

Help UBC researchers better understand how recruiting support from friends or family can influence everyday activities and wellbeing during the current circumstances.

WHO CAN TAKE PART

People aged 65 or older who live in Canada plus someone they feel close to.

WHAT'S INVOLVED

Online interview sessions and brief morning and evening questionnaires over 10 days.

Answering questions related to COVID-19, which are optional, but would help us to better understand the current context.

JOIN THE STUDY

Participate and receive a \$50 Amazon gift card as a token of appreciation.

If you're interested, please contact us:

Email: allies@psych.ubc.ca

Phone: 604-822-3549

Web: bit.ly/ADHLallies

Your experience matters, tell us about it!

