

UVM Larner College of Medicine

StoryListening Research Study



Are you a family member, friend or clinician of a person who died during the COVID pandemic?

StoryListening

Social distancing and visitor restrictions during the COVID pandemic place substantial strain on families, friends and clinicians caring for people who die during the COVID pandemic. These experiences can be isolating and distressing.

Previous research demonstrates that telling the story about one's experience caring for someone who died can improve the quality of life for the person who is grieving. The *StoryListening* study is based upon this previous work.

Research Questions

This study focuses on understanding the aspects of the storytelling experience that are most beneficial to quality-of-life.

Who can participate?

Families, friends, clinicians, or affected staff of any person who died of any cause during the COVID pandemic.

What this means for you

If you choose to participate in this study, you would complete:

- 1 A brief telephone interview consisting of 18 short questions;
- 2 A recorded televideo *StoryListening* visit with a research storyteller; and
- 3 A brief telephone interview in two weeks consisting of 15 short questions.

The *StoryListening* visit can be as long or as short as you wish it to be. Story listeners are End-of-Life Doulas who completed training at the University of Vermont. Doulas are non-medical caregivers who are trained to be neutral and interested listeners at times of intensity, such as death and grief. During this conversation, you will be welcomed to share your experience during the hours, days or weeks before your loved one/patient died, and also about your experience since that time. The doula has a number of optional guiding questions to help you talk about your experience. You decide on the direction and depth of the story you wish to tell. You will be provided with a copy of the recorded story audio for you to do with as you please.

Participating in this study is completely voluntary and will not interfere with any sources of grief support or medical care that you choose to pursue.

Would participation cost me anything?

No. Neither you nor your insurance company would be billed for any services. You will receive a \$25 Visa gift card. We will send you a pair of earbuds to use during the story listening visit, and you will be able to keep these after your study participation is over.

Want to learn more?

For more information, please contact the *StoryListening* study coordinator by email or telephone:

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802-656-8745



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