

ABOUT WOOP FOR DEMENTIA CAREGIVERS

WHAT IS WOOP?

Wish Outcome Obstacle Plan (WOOP) is four-step mental strategy to increase motivation and change habits, created by Dr. Gabriele Oettingen and available to the general public through www.woopmylife.org. Each letter stands for a step: wish>outcome>obstacle>plan. WOOP has been rigorously researched over 20+ years, translated into multiple languages, and used effectively in more than 100 countries to change behavior across areas including health, education, career achievement, and interpersonal relationships. Dementia caregivers using WOOP reported reduced depressive symptoms and stress and increased well-being and quality of life in a 2022 study conducted by Yale University researcher Dr. Joan Monin and team. However, a tailored, scalable way for dementia caregivers to learn WOOP is not yet available. That's where WOOP for Dementia Caregivers comes in.

WHAT IS WOOP FOR DEMENTIA CAREGIVERS?

WOOP for Dementia Caregivers teaches the WOOP technique to groups of dementia caregivers online to help them fulfill wishes they set for themselves. The online platform and teaching methods are being developed by gerontology education company Borrow My Glasses and tested in a research study to examine whether they are feasible and effective. Study participants can earn up to \$100 to 1) join a small supportive WOOP Group to learn and practice WOOP over three weeks with other dementia caregivers and a facilitator, 2) access online tools, resources, and a members-only discussion board, and 3) share opinions about their experience through periodic surveys and a focus group or interview.

WHO IS SPONSORING THE STUDY?

WOOP for Dementia Caregivers is a project of gerontology education company Borrow My Glasses collaborating with Yale University, WOOP developer Dr. Gabriele Oettingen, dementia caregivers, and a Community Advisory Board of professionals and caregiving experts. WOOP for Dementia Caregivers is supported by the National Institute On Aging (#R41AG084405). The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

IS IT MORE THAN WISHFUL THINKING?

Yes! Once WOOP becomes a habit, it's proven to work. Wishes can be about caregiving, self-care, or any wish that's challenging, achievable, and dear to your heart. WOOP helps you identify ways to overcome internal obstacles within your control to fulfill your wishes. WOOP can also clarify when to refocus energy on more achievable wishes.

HOW CAN I LEARN MORE?

About WOOP for Dementia Caregivers: www.borrowmyglasses.com

About the project: Principal Investigator, Gerontologist Donna Fedus, donna@borrowmyglasses.com (203) 318-8100

About the research: Yale Principal Investigator, Dr. Joan Monin joan.monin@yale.edu (203) 785-2895

About your rights in the study or research complaints: Yale Institutional Review Boards hrrp@yale.edu (203) 785-4688