

Veteran Study Opportunity

From: Relationships Aging Coping and Health Lab (reachlab@adelphi.edu)

To: ggmutlos@att.net

Date: Wednesday, September 17, 2025 at 10:25 AM EDT

Dear VVA Chapter #023,

We hope this message finds you well. The ReACH Lab at Adelphi University is excited to introduce the RISE Study, which aims to gain a deeper understanding of how veterans cope with daily stress and its impact on their sleep and overall well-being. We would be so grateful if you could share our study and flyer with your community. Please see below for our flyer and the purpose of our study.

Are you a veteran who is at least 60 years old and currently married or living with a partner? If so, we invite you to consider being a valuable part of our study, contributing to our collective knowledge of the long-term implications of military service.

What's in it for you? Your participation will not only contribute to important research but will also come with compensation for your time, in the form of gift cards, with a maximum value of \$75.00.

What does participation involve? The study is designed to be convenient and remote. You will start with an initial survey and then receive seven brief daily surveys, all delivered via email. Your responses will help shed light on the unique experiences of veterans like you.

How to get started? If you are interested in learning more about this opportunity or wish to enroll, please reach out to the lead researcher, Dr. Christina Marini, at cmarini@adelphi.edu or by phone at **516-877-4812**.

Your participation will play a vital role in advancing our understanding of the challenges and resilience of veterans in our community. We genuinely appreciate your consideration and look forward to your potential involvement in the RISE Study.

Thank you for your service and your contribution to this important research.

Warm regards,

Melissa

The ReACH Lab

Relationships, Aging, Coping, & Health

Gordon F. Derner School of Psychology

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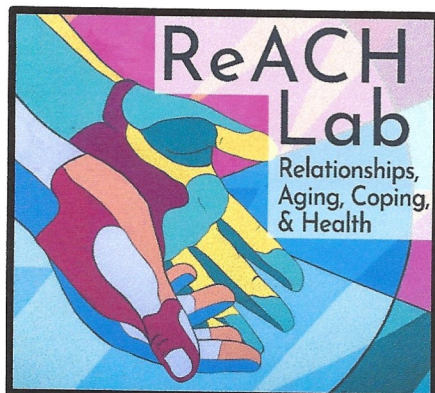
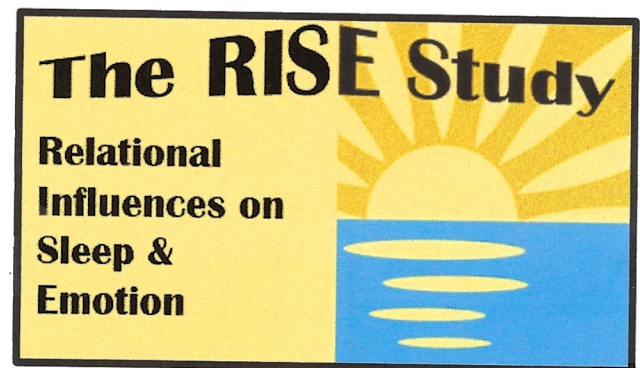


The **ReACH** Lab at Adelphi University launched the **RISE** Study to learn more about how veterans cope with stress in their daily lives, and what it means for their sleep and well-being.

If you are a veteran who is at least **60 years old** and is married (or living with a partner), please consider being a part of our study!

In addition to helping us learn more about long-term implications of military service, you will be compensated for your time (via a maximum of **\$75.00** worth of gift cards).

What will you be asked to do?
Study participation includes an initial survey and seven brief daily surveys, all of which would be emailed to you. Participation is completely remote.



ADELPHI
UNIVERSITY
NEW YORK

How do you sign up?
If you are interested in learning more about this opportunity, email or call the lead researcher,
Dr. Christina Marini.

cmarini@adelphi.edu
516-877-4812