

# No FEARSS: AN investigation Of Fear of recurrence, Emotional Resilience and Self management behaviours on quality of life for Stroke survivors

We are looking for people who are over the age of 18 and who have had a stroke in the past 12 months to take part in our research study!

## Introduction

The current research is investigating how emotional resilience, self management behaviours, and the fear of experiencing another stroke impacts stroke survivors quality of life.

The aim of this research is to develop a model that can predict the impact of emotional resilience, self-management behaviours, and fear of experiencing a further stroke of post-stroke quality of life



You will be asked to complete a total of 3 short surveys, one when you begin the study, another one three months later, and another 3 months after that

The surveys will be sent to your home, or you can complete them online, so you can complete them at a time and place that suits you!

## What's Involved?

## Interested In Taking Part?

Great! you can contact us by email or by phone on the contact details below, and we can send you out the research pack for this study!

If you would like to know more about this research, you can also contact us and we'd be happy to answer any questions you may have!



## Contact Details

Should you have any questions relating to the research, feel free to contact the researcher via her details provided below

Shannon Gray  
shannon.gray23@mail.dcu.ie  
0876390670

# NO FEARSS: AN INVESTIGATION OF FEAR OF RECURRENCE, EMOTIONAL RESILIENCE AND SELF MANAGEMENT BEHAVIOURS ON QUALITY OF LIFE FOR STROKE SURVIVORS

We are looking for people who are over the age of 18 and who have had a stroke in the past 12 months to take part in our research study!



DCU



**CRÍ**  
*Fighting Heart Disease & Stroke*



**IRISH RESEARCH COUNCIL**  
An Chomhairle um Thaighde in Éirinn

## What are we doing?

The current research is investigating how emotional resilience, self management behaviours, and the fear of experiencing another stroke impacts stroke survivors quality of life.

The aim of this research is to develop a model that can predict the impact of emotional resilience, self-management behaviours, and fear of experiencing a further stroke of post-stroke quality of life

## What's Involved?

You will be asked to complete a total of 3 short surveys, one when you begin the study, another one three months later, and another three months after that

The surveys will be sent to your home, or you can complete them online, so you can complete them at a time and place that suits you!

## Interested In Taking Part?

Great! you can contact us by email or by phone on the contact details below, and we can send you out the research pack for this study!

## Contact Details

Should you have any questions relating to the research, feel free to contact the researcher via her details provided below

Shannon Gray  
shannon.gray23@mail.dcu.ie  
0876390670

# No FEARSS: AN investigation Of Fear of recurrence, Emotional Resilience and Self management behaviours on quality of life for Stroke survivors



We are looking for people who are over the age of  
18 and who have had a stroke in the past 12  
months to take part in our research study!

## What are we doing?

The current research is investigating how emotional resilience, self management behaviours, and the fear of experiencing another stroke impacts stroke survivors quality of life

The aim of this research is to develop a model that can predict the impact of emotional resilience, self-management behaviours, and fear of experiencing a further stroke of post-stroke quality of life

## What's Involved?

You will be asked to complete a total of 3 short surveys, one when you begin the study, another one three months later, and another three months after that

The surveys will be sent to your home, or you can complete them online, so you can complete them at a time and place that suits you!

## Interested In Taking Part?

Great! you can contact us by email or by phone on the contact details below, and we can send you out the research pack for this study!

If you would like to know more about this research, you can also contact us and we'd be happy to answer any questions you may have!



**CRÍ**  
*Fighting Heart Disease & Stroke*




**IRISH RESEARCH COUNCIL**  
An Chomhairle um Thaighde in Éirinn


## Contact Details

Should you have any questions relating to the research, feel free to contact the researcher via her details provided below

Shannon Gray  
shannon.gray23@mail.dcu.ie  
0876390670



# **NO FEARSS: AN INVESTIGATION OF FEAR OF RECURRENCE, EMOTIONAL RESILIENCE AND SELF MANAGEMENT BEHAVIOURS ON QUALITY OF LIFE FOR STROKE SURVIVORS**



## **WHAT ARE WE DOING?**

The current research is investigating how emotional resilience, self management behaviours, and the fear of experiencing another stroke impacts stroke survivors quality of life.

The aim of this research is to develop a model that can predict the impact of emotional resilience, self-management behaviours, and fear of experiencing a further stroke of post-stroke quality of life



## **WHAT'S INVOLVED?**

You will be asked to complete a total of 3 short surveys, one when you begin the study, another one three months later, and another three months after that

The surveys will be sent to your home, or you can complete them online, so you can complete them at a time and place that suits you!



**WE ARE LOOKING FOR PEOPLE WHO ARE OVER THE AGE OF 18 AND WHO HAVE HAD A STROKE IN THE PAST 12 MONTHS TO TAKE PART IN OUR RESEARCH STUDY!**



## **INTERESTED IN TAKING PART?**

Should you have any questions relating to the research, feel free to contact the researcher via her details provided below

Shannon Gray

shannon.gray23@mail.dcu.ie

0876390670