Attention: Patients and Caregivers Coping with Parkinson’s Disease and other Movement Disorders

Individuals who have completed a clinical evaluation at the VCU Parkinson’s and Movement Disorders Center (PMDC) and have received a PD and/or other movement disorder diagnosis and/or caregivers of PMDC patients are invited to participate in a study at the PMDC. This study will investigate the benefits of a brief writing exercise on quality of life, physical health, and psychological functioning.

Participants will complete three, 20-minute writing sessions at the PMDC. Before, about 2 weeks after writing, and 4 and 10 months after writing, participants will complete questionnaires, brief physical exams and thinking tests that will take approximately 1.5 hours each time. Participants will also be asked to provide saliva samples, but these samples are optional.

This is the first study to test whether writing is helpful for patients and caregivers coping with PD and/or other movement disorders. This type of writing has led to positive changes for other chronically ill patients, including reduced depression and anxiety, fewer physical symptoms, decreased stress response, better immune functioning, and increased satisfaction with life.

Please contact the PMDC for more information and/or to sign up.

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