



UBC researchers invite couples to participate in an online study on every day goals and activities.

Help UBC researchers better understand how individuals aged 60 years and above progress on their goals and whether partners facilitate each other's goal pursuit.

WHAT'S INVOLVED?

Online interview (Zoom) sessions and online, brief morning and evening questionnaires for a period of 10 days.

Each partner receives a \$50 Canadian Amazon gift card as a token of appreciation.

WHO CAN TAKE PART?

Couples aged 60 years and above.

TIME COMMITMENT

Approximately five hours.

JOIN THE STUDY

For more information, visit:
blogs.ubc.ca/gripstudy or scan:



Your experience matters—tell us about it!

Health and Adult Development Lab
4213-2136 West Mall
Vancouver, BC

Please email
gripstudy@psych.ubc.ca
or call 604-822-3549

