

# Are you living with dementia?

I am looking for people living with dementia to take part in my research on self-compassion

Self-compassion is being kind and understanding towards ourselves

## What would I have to do?

Complete a questionnaire asking questions about your experiences relating to self-compassion, wellbeing, depression and self-esteem.

If you are interested in taking part in this research please visit the website link or scan the QR code below to read the information sheet.



<https://hull.onlinesurveys.ac.uk/scdementia>

For more information or to request a paper version of the questionnaire please contact:

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