



Carleton
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Work, Family, and Life During and After a Pandemic

Call for research participants

How are you and your family being affected by changes brought about in response to the COVID-19 pandemic? What new stresses and challenges has this pandemic brought to your life, and how are you and your family coping? A team of researchers at Carleton University would like to know how you are managing work, life, and family responsibilities during the pandemic and the physical distancing requirements.

Who can participate?

This study focuses on Canadian couples **who have children who live (at least part-time) in their home**. At least one of the partners must be a police officer. Our focus is on couples where both partners were employed outside the home prior to COVID. If you fit this description, we would like you and your partner to participate in this study.

What's involved?

The police officer and their partner will complete a short intake survey that will allow us to collect basic demographic data from participants as well as information about the types of jobs both partners perform, your family situation (i.e., eldercare, age, and number of children), and where you 'get your news'. We will also measure your levels of perceived stress and well-being at the beginning of the study. You will also be asked to provide your phone number or Skype handle for phone call interviews.

Once a week, either you or your partner (we plan on alternating who we contact each week, which means that you will only be called every other week) will get a phone call from a researcher who will interview you for **about 15 minutes**. You and your partner will be asked questions like:

- How has COVID 19 impacted your job and what you are expected to do at work? At home?
- What is your service doing to keep you safe? To keep your family safe?
- What challenges do you face balancing work and family demands in the context of physical distancing and pandemic-response measures?
- What are the primary sources of stress you are experiencing at this time?
- How are you coping with these challenges and stressors?
- Who do you turn to for support to cope with the challenges they face at work and at home?

How long will the study last?

We hope to keep collecting data until the physical distancing measures are lifted. At that point, we will conduct a final exit interview with you. **If you are interested in participating, please email Tom Stamatakis at the CPA: TStamatakis@cpa-acp.ca**