



**Are you experiencing grief-induced anxiety from the sudden loss of a loved one, a relationship (person or pet), a job, or a home?**

**This study may be for you.**

## The Study's Purpose

We are looking for adults 18 years and older who are experiencing grief-induced anxiety from a sudden loss to explore the effects of listening to a curated selection of music as a digital therapeutic (DTx). Many individuals with grief-induced anxiety from a sudden loss experience health complications leading to a decrease in quality of life. This research seeks to discover innovative and accessible interventions for grief-induced anxiety.

## Are you eligible?

- 18 years or older
- Have experienced a sudden loss of a loved one, a relationship (person or pet), a job, or a home between 2020 to 2024
- Are willing to use a music-based DTx for seven consecutive evenings
- Are willing to journal thoughts and feelings after listening to the music each evening
- Are available for a follow-up interview within 7 to 14 days after completing the use of the DTx

## Participation

- Have a call with the researcher for 5 to 10 minutes to go over the informed consent,, the study, and ask any questions
- Send an e-signed consent form for enrollment
- Complete the emailed ASQ and RGEQ questionnaires (10 to 15 minutes each) and email them back to the researcher
- Complete the emailed demographics survey (3 to 5 minutes) and email it back to the researcher
- Listen to a curated musical piece for 5 minutes and 25 seconds each evening before bed for 7 nights (in your own space)
- Complete a brief journaling activity (5 to 10 minutes) after each listening session
- Submit the journal writings by email after the 7 evenings of intervention use (photos of the journal entries can be emailed)
- Participate in a one-on-one semi-structured interview with the researcher via Zoom or phone (approximately 45 to 60 minutes)
- Review your interview transcript via email and submit any comments back to the researcher (10 to 15 minutes)

**If you are interested in participating in the study, email the researcher listed below.**

**Julie A Corbett**  
**dtx4bh@gmail.com**  
**(303) 900-3329**

**If you are unsure you meet the requirements, reach out to Julie at the email or phone number above.**