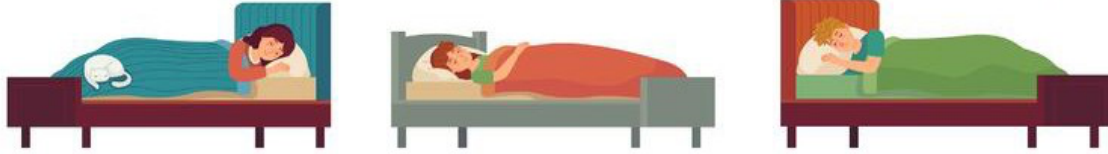


Does having BPD affect Sleep Quality?



If you identify with having a diagnosis of Borderline Personality Disorder (BPD), we warmly invite you to take part in a research study looking at your experience of sleep. Sharing your experience will improve how we understand BPD and sleep which may help us to better assist people who are seeking support.

Participation involves completing an initial online survey (30-40 minutes), then completing questionnaires in the morning and at night for 7 days and – for some participants - wearing an actigraphy watch to measure your sleep experience. Your participation in the study will continue for 7 days and will require about 30 min per day of your time. At the completion of your involvement, you will be offered a gift voucher as a token of appreciation.

If you would like to participate in the study, please scan the following QR Code or email us directly at spectrum.research@easternhealth.org.au



This study is being conducted by Spectrum Personality Disorder and Complex Trauma Service and Turning Point. The study has been approved by the Eastern Health Human Research Ethics Committee (Eastern Health Reference Number: LR24-037-105663).



If you have any questions, please contact spectrum.research@easternhealth.org.au
PLEASE NOTE: THIS IS NOT A FORM OF THERAPY. PARTICIPATING IN THIS SURVEY WILL NOT AFFECT YOUR ENGAGEMENT WITH SPECTRUM SERVICES