



## **E Sibling Project - Online Information & Peer Support for Siblings**

<http://siblingpsychosis.org/>

**Has your brother or sister been affected by psychosis?**

**Has your sibling's illness had an impact on your life?**

**Would you like more information and support to cope with your sibling's illness?**

**If so, the E Sibling Project could help you!**

### **About the E Sibling project?**

The E Sibling Project provides an online resource for brothers and sisters of people who are affected by psychosis. Our dedicated website <http://siblingpsychosis.org/> provides peer support and information on psychosis, coping and management strategies for common symptoms and ways for you to look after yourself.

### **What is the E Sibling Project evaluation study?**

The E Sibling Project online resource is ready and we are now looking to find out whether the online resource works in improving the siblings' wellbeing and coping using a research design commonly called a trial.

### **What does taking part involve?**

We need about 150 siblings to try out the online resource over 10 weeks. You'll have access to the resource 24/7 and can use it whenever and however you like. You will also be asked to fill in some questionnaires online to see how you are feeling at the start, the end of, and after 20 weeks of using the resource. We'll also invite some participants for an individual interview.

### **How do I take part?**

To take part in the E Sibling Project study, you must be:

- A brother or sister of a person who first developed psychosis within the last 3 years
- Aged 16 and over
- Have a good understanding of written and spoken English
- Have daily access to the internet
- Have at least weekly contact with your brother or sister (contact includes phone calls, text messaging, facebook, online gaming etc. as well as face to face meetings)
- Based in England

### **If you'd like to join the E Sibling Project or to find out more information**

- Visit our website <http://siblingpsychosis.org/>
- Contact the researcher directly via email: [Jacqueline.sin@kcl.ac.uk](mailto:Jacqueline.sin@kcl.ac.uk)

- Follow us on  @ESiblingProject or  <https://www.facebook.com/Esiblingproject>

**Participants will be paid £10 for their time  
and entered into a draw to win one of three vouchers for £100**