

This is an invitation to participate in a research study about posttraumatic nightmares.

My name is Alwin Wagener, and I am a doctoral student in the Counselor Education Department at The University of North Carolina at Greensboro. You are invited to participate in an IRB approved research study that will help us learn more about the nightmares of survivors of intimate partner violence.

Nightmares following trauma are often very distressing and are not well understood. Because of the importance of being able to treat nightmares of survivors of abusive relationships, this study is using a research survey to collect information about experiences of abusive relationships, sleep, symptoms of emotional and psychological stress, distress from nightmares, and nightmare frequency. The information you share will be used to increase understanding of nightmares and will hopefully contribute to improving nightmare treatments.

To be eligible to take part in this study you must be at least 21 years of age, have been in a relationship in which you experienced actual or attempted abuse, violence, or aggression, have been out of any abusive relationship for at least one year, and be experiencing nightmares. If you meet the inclusion criteria and choose to participate in this study, your participation in this study is completely voluntary.

This study consists of a survey that includes demographic questions and questionnaires on sleep, symptoms of emotional and psychological stress, distress from nightmares, frequency of nightmares, and the abuse you experienced. The survey is estimated to take 15 minutes to complete. Participants who fully complete the survey (i.e., answering every question) will have the opportunity to sign up for a gift card drawing for 1 of 5 \$20 Amazon gift cards.

If you are interested in participating in this study, please **copy and past** the survey link below into your web browser.

https://uncg.qualtrics.com/SE/?SID=SV_5pX86WV12uVvJ77

If you have any questions about the research study or survey, please email Alwin Wagener at aewagene@uncg.edu.

Thank you in advance for your time and consideration!

Approved IRB

2/9/15