CareSearch Project Research Studies Register: Registration Proforma	0151

Study Title: The SAC Study - Sleep in Australian Caregivers: Evaluating the sleep disturbances of adults caring for a person living with advanced cancer in the community

Brief description of the study: Sleep is a critical and complex health behaviour that is an integral component in a persons' health and well being. Poor sleep is a common complaint among caregivers of advanced cancer patients due to the demands associated with the care giving role. While there is increased interest in advanced cancer caregivers' sleep there are still many gaps needing to be addressed. Currently there are no studies that investigate the sleep of Australian informal caregivers of advanced cancer patients in a palliative care setting. This study aims to: 1. Investigate the sleep of Australian informal caregivers of advanced cancer patients in palliative care. 2. Understand Australian caregivers perceptions of their sleep and the perceived burden of sleep disturbances. 3. Quantify the impact that patient related factors have on caregivers' sleep. 4. Investigate caregivers' sleep from the palliative care health professionals' perspective to explore current understanding and strategies.

Study Methodology: (Please mark with an x which type of study methodology)

	Epidemiology
	Health Services / Health Economics / Quality Improvement
	Qualitative, Observational or Descriptive
X	Mixed Method
	Systematic Review
	Intervention: RCT
	Intervention: Comparative or cohort study
	Intervention: Case series

Project details:

Funding source (Optional): Australian Government, DIISR Collaborative Research Network University of Notre Dame

Has the study received ethics approval?		Yes	**X**	No		Not applicable
Project starting date: 2015						
Project completion date: 2017						
Multi site:	**X**	Yes		No		Not applicable

Researchers

Principal Investigator (name) **Kirstin Maltby**

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Investigator B (Name) Professor Jane Phillips
Investigator C (Name) Professor Liz Lobb
Investigator D (Name) Dr. Christine Sanderson
Investigator E (Name)
Associated publications / reports:
Topics (Admin only) Sleeping problems

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