**REQUEST FOR FOCUS GROUP PARTICIPANTS**

IRB Approved at the Protocol Level

May 22, 2025

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**Developing Evidence-Based Cognitive Approaches to Improve Adjustment to Vision Loss**

**What is this study about?**

The Research Department at The Chicago Lighthouse is conducting a study to develop a therapeutic strategy combining cognitive behavioral therapy (CBT) with mindfulness practices tailored for people adjusting to vision loss. We are seeking participants for a focus group to share their experiences.

**Why participate?**

You may not receive any direct personal benefits from participating in this study, but your involvement may help improve future mental health services for others adjusting to vision loss.

**Who can participate?**

Individuals who are 18 years of age or older and have experienced or are currently experiencing vision loss.

**What does study participation involve?**

Participants will complete brief questionnaires about their background and experiences with vision loss before attending a focus group session. Sessions will last approximately two hours and may be held in person or virtually. Some participants may be invited to a second session to review and provide feedback before preliminary testing begins.

**What should I do if I want to learn more about the study?**

Interested individuals should contact the study staff using the contact information below. You will undergo a pre-screening process so that your eligibility for the study can be further evaluated.

**Phone Number: (312) 447-3254**  **Principal Investigator (PI):**

**Email:** [**Research@chicagolighthouse.org**](mailto:Research@chicagolighthouse.org) Patricia Grant, Ph.D.

Research Department