

MSU farm stress study – earn up to \$60 in Amazon e-gift cards for participation

Email Text:

Farming is tough. From weather to equipment breakdowns, there are a lot of things that can cause stress. Researchers at Michigan State University Extension are conducting a research study to learn more about struggles Michigan farmers experience and what types of information may help. This study will take place online and via text message. Study participants may earn up to \$60 in Amazon e-gift cards!

To sign up, click on the following link to complete a 1-minute survey to determine if you are eligible to participate: [Farm Stress Eligibility Survey](#). More details are below.

Farm Stress Study Information

Our study involves the use of text messaging to provide information to help farmers manage farm stress. By participating in this study, you can learn more about coping with farm struggles and to provide invaluable insight into how we can help farmers in the future.

This study will take place entirely online and via text message. That means that you do not have to go anywhere to participate, and you can participate at a time and location that makes the most sense to you. We are not asking for much of your time.

If you are eligible to participate, you will be assigned to one of two groups. You have an equal likelihood of being in either group. Both groups (A and B) will complete two online surveys 12 weeks apart. Group B will also receive 2-4 text messages per week for 12 weeks with information about managing farm-related stress. These text messages will come from MSU Extension. Occasionally, Group B members will also receive a text message asking you to answer a brief question about your opinions about the text messages, stress, and farm-related information. Finally, a small number of group B members will be chosen at random at the end of the 12 weeks to participate in a voluntary 30-minute phone interview.

Surveys for both groups will be sent via an email link and completed online. They will include questions about you and the struggles you may be experiencing on your farm. Each survey should take no longer than about 30 minutes to complete. You will be compensated with a \$40 Amazon gift card at the end of the study after you have completed Survey 1 and Survey 2, and selected participants will receive \$20 for the interview.

If you are interested in participating, please complete this brief survey to determine if you are eligible to participate in the Michigan State University Farm Stress Study: [Farm Stress Eligibility Survey](#).

For more information on farm stress resources from MSU Extension visit: [MSU Extension Farm Stress Resources](#).

Thank you,



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