

Hello,

My name is Dr Nikos Thomacos. I am a Senior Lecturer in the School of Primary Health Care at Monash University. I am working on a study with my colleague Jason Yeung [about the lives, relationships, and well-being of people aged 50 and over](#).

Besides examining the lives, well-being, and relationships of people aged 50+ years of age, the study also examines the effects of both supportive and unsupportive relationships, and how these relationships relate to stress, loneliness, and change as we age. The significance of the proposed study's findings is that they will help us better understand the inter-relationships among aging, supportive relationships, retirement, and well-being. This knowledge will help to develop services that better address people's needs for support and to better train future health and social care workers and practitioners.

[Participation in the study involves people completing a number of online surveys about their sources and use of support; their relationships with others; their lives; and, some questions about themselves; for example, their age, sex, etc. The surveys should take approximately 20 - 25 minutes to complete.](#)

To participate in this study, people need to be 50 years of age or older, can complete the surveys in English, and live in Australia. No information will be collected that would allow participants to be identified, so all responses will remain anonymous. The Monash University Research Ethics Committee has reviewed and approved this piece of research.

I hope you can assist us by forwarding the following information about the study on our behalf.

I appreciate any help that you can provide. If you have any questions or I can clarify anything about the study, please contact me on 9904-4873 or [nikos.thomacos@monash.edu](mailto:nikos.thomacos@monash.edu)

Yours faithfully,

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