

Researchers from Northumbria University are interested in *understanding what predicts a positive retirement experience* and how to *promote a healthy retirement*.

Can you help?

The study has received ethical approval from the Northumbria University Faculty Of Health and Life Sciences Ethics committee.



What is the aim of the study?

The study focuses on enhancing our understanding of factors that predict **positive retirement experience**.

Participants will contribute to the **knowledge** on retirement process which can help more people to **retire adaptively** in the future.

What are the inclusion criteria?

1. Those who are **planning to retire** from paid employment within next 6 months
OR
2. Being **retired for up to 12 months**.

What will I be asked to do?

Participants are asked to complete a set of **questionnaires, four times** during the first year of retirement, then **annually for upto 5 years**. Questionnaires can be completed at home (electronically or hardcopy), and will take 45-60 minutes to complete.

How do I get involved?

If you need more information or would like to discuss your participation please contact **Anastasiia Fadeeva** (anastasiia.fadeeva@northumbria.ac.uk) or call 01912437018.