The Program

Research goals

1. To ascertain the benefits of the Love Decoded App, if any, for nurses familiar with Caritas Care and for nurses who are not yet aware of Caritas Care.
2. To receive feedback from users regarding ways to improve an App designed to help them navigate life and the nursing profession.

A. Specific Aims;
We believe that combining these two theories with the App and its theory will make a significant difference in the wellness of nursing staffs; their relationships with self (self-care), patient care, as well as with physicians, family and friends.

B. Background and Significance
Caritas Care has been used and validated since 1979 The Love Decoded Theory has been validated in an IRB Approved Clinical Trial at Danbury Hospital, CT. with physicians, nurses, and residents. (18-months long) Beta tested and now used by 58 college student bodies.

C. Investigator Qualifications;
Over 35 years of experience providing therapy to individuals and couples struggling with relationships. Results of his clinical trial have been accepted by both the American Medical Assoc. and the American Psychological Assoc.

D. Preliminary Studies (if applicable);
35 years of clinical work and multiple studies with individuals, families, and groups like Widows and Widowers.

E. Research Design and Methods;
Using the Neff Self-compassion Scale and the Watson Scale to ascertain progress using a Control Group for gauging difference. Using the first 10 weeks from the 21 week App. Group work – optional.

F. Future Directions
    (i.e., applicant's plans for how the pilot data will be used).
    Data will be used to make App available for nurses in various medical
    settings; as well as other such vulnerable communities like veterans; college
    students on waiting lists of counseling centers; and underprivileged groups.