

# SMA Daily Life Study

What does **well-being** look like in the **everyday life** of people living with SMA?



Daily life factors like fatigue, stress, or environment accessibility impact your psychological and physical well-being. We want to better understand these important outcomes, so that we can develop instruments to measure them. This will allow us to include them in our advocacy agendas.

**Join the study!** Use a dedicated app over a ten-day period to show how SMA affects you day-to-day.

**With your help, we can build a broad picture of living with SMA.**

You might even learn something new about yourself and your daily routines!

Participation is open to adults and teens living with SMA who:

- ✓ 16 years old or older
- ✓ own a smartphone
- ✓ speak English

Email us at [survey@sma-europe.eu](mailto:survey@sma-europe.eu) to participate, or visit our website for more information: [www.sma-europe.eu/sma-daily-life-study](http://www.sma-europe.eu/sma-daily-life-study).

**SMA  
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