

# Survey to aid research in to the effects of playing bridge on wellbeing and quality of life



**Complete the survey and you could win one of two £100 Amazon gift cards**

There is a commonly held view that those playing bridge beyond the age of 60 tend to remain alert into their 80s and 90s. There is no doubt that bridge playing requires higher cognitive processes associated with the frontal areas of the cerebral cortex. But is it true that the game can help maintain brain fitness?

EBED is investigating this claim in collaboration with the University of Stirling, and requests your participation in an online survey exploring the effect of bridge, in tandem with social participation more widely, on wellbeing and quality of life.

**We seek responses from everyone  
bridge players and non-bridge players  
over 60s and under 60s**

Please take part and encourage as many friends and family as possible to take part.

**Take the survey at:**

**<https://stirling.onlinesurveys.ac.uk/social-participation-and-wellbeing-ebu>**

The survey should take about 10-15 minutes to complete. It will close on 5th September. If you contribute to the survey we will ensure your anonymity and confidentiality is maintained throughout all phases of the research process.

Thank you for your help

Professor Samantha Punch,  
Faculty of Social Sciences, University of Stirling  
s.v.punch@stir.ac.uk

Dr Caroline Small,  
English Bridge Education and Development Trustee  
info@ebedcio.org.uk

