

## Help us understand mindfulness/meditation!

Help researchers at the University of Melbourne to better understand the potential effects of mindfulness/meditation on health and happiness.

We are looking for participants, between **18-75 years of age**, who plan to start or already have an active **mindfulness/meditation practice**.



### ***What you will do:***

- Start or continue to **practice mindfulness/meditation** (any practice inspired by or consistent with the general principles of paying attention to your experience, on purpose, in the present moment, with acceptance/non-judgment/discernment)
- Complete **3-9 surveys** totaling  $\approx$  **25 minutes over 8 weeks (avg = 3min/week)**

### ***Reimbursement***

- As you begin the study, you will be entered into a drawing for 1 of 10 electronic giftcards\* with value equivalent to **AUS\$100**.
- If you complete surveys through the first month (regardless of whether you continue to practice), you will be entered into another draw for 1 of 10 electronic giftcards\* with value equivalent to **AUS\$100**.
- If you complete surveys through the second month (regardless of whether you continue to practice), you will be entered into a final draw for 1 of 10 electronic giftcards\* with value equivalent to **AUS\$200**.

Additionally, you have the option to complete a personality measure (~ 2 minutes) at the beginning and at the end of the study. If you opt to do so, you will be entered into an additional draw for 1 of 10 electronic giftcards with value equivalent to **AUS\$50 at each time**.  
\*e.g., giftcards can be selected among GiftPay/Amazon/eBay/iTunes

### ***To participate, follow this link:***

[https://melbourneuni2.au1.qualtrics.com/jfe/form/SV\\_dnfZ2fW2KEijfYp](https://melbourneuni2.au1.qualtrics.com/jfe/form/SV_dnfZ2fW2KEijfYp)

**Responsible Researcher:** Dr. Nicholas Van Dam, Melbourne School of Psychological Sciences, University of Melbourne (Tel: 8344 3644 E: [nicholas.vandam@unimelb.edu.au](mailto:nicholas.vandam@unimelb.edu.au))

Approved by the University of Melbourne Ethics Committee, HREC# 2056439