



Starting a mindfulness meditation course soon?

If so, may we ask you some questions about it?

Researchers at the University of Pittsburgh and Northwestern University are conducting a research study to test new questionnaires about mindfulness. If you are going to be starting a multi-week mindfulness meditation course (either in-person or online) we invite you to join our study.



Who can participate?

Adults (18+) about to begin a mindfulness-based program (e.g., MBSR, MBCT). It can be either in-person or online.



What's involved?

Completing online mindfulness questionnaires at 3 different time points: before the course, right after the course, and then between 6-10 weeks after the end of the course. Each questionnaire takes no longer than 60 minutes to complete.



Is there compensation?

If eligible, you will receive \$50 on a prepaid card after completing each questionnaire at each of the three time points for a possible total of \$150.



How can I learn more?

Please email healing@upmc.edu for more information.