

CAN YOU HELP WITH SOME MINDFULNESS RESEARCH?



**There's a lot of buzz ...
But can YOU tell if someone is mindful or not?**

We are developing a new questionnaire for use in mindfulness research:

The Observed Mindfulness Measure (OMM)

The OMM will help us understand if mindfulness is a noticeable quality, and to help explore the social effects of mindfulness training.

Researchers at the Menzies Institute for Medical Research are
Recruiting Participant-Observer Pairs
to make sure the OMM works as it should.

A Participant is a person who is prepared to contribute some time and data to help advance mindfulness research.

An **Observer** is a well-known and trusted colleague, family member or friend of the Participant, who is prepared to answer some questions about the Participant's mindfulness.

Participants and Observers will each be asked to complete two online surveys, one week apart.
There is no mindfulness training involved in this project.

As a Participant, your first survey will take about 20 minutes, and the second less than 5 minutes.
Both Observer's surveys will take less than 5 minutes to complete.

When you enter your first OMM survey as a Participant, you will be asked to provide the first name and email address of your observer. An email invitation to join the study will be sent to them automatically.
(So please make sure they have agreed to be your observer before you begin!)

- STEP 1. READ THE [STUDY INFORMATION PACK](#)**
- STEP 2. INVITE SOMEONE TO BE YOUR OBSERVER**
- STEP 3. [CLICK HERE TO START YOUR SURVEY](#)**

For more information please contact the study team
(Australia) 03 6226 4723 or mindfulness.study@utas.edu.au

There is no requirement that you enroll after reading the study information; and you can withdraw at any time without consequences. This study has been approved by the University of Tasmania Social Sciences Human Research Ethics Committee (H0016341).