

INVITATION TO PARTICIPATE IN MINDFULNESS RESEARCH



- HAVE YOU DONE A MINDFULNESS TRAINING COURSE? –

You are invited to contribute to the development and testing of a new measure for mindfulness research, the

Observed Mindfulness Measure (OMM)

The OMM is intended to help explore the social effects of mindfulness.

Researchers at the Menzies Institute for Medical Research are
Recruiting Participant-Observer Pairs
to test the usefulness of the OMM.

Participants are people who have completed a mindfulness training program. **Observers** are trusted colleagues, family members or friends with whom you interact 3 to 4 times a week, and who are prepared to answer two brief surveys about your mindfulness.

You and your observer will each complete two surveys, one week apart.

Once you have started your OMM survey 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 you've already asked them 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](#)**

Your first survey will take you about 20 minutes, and your second will take 5 minutes. Your Observer's surveys will both take 5 minutes to complete.

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).