

Call For Participants



Mindfulness, Values &
Thoughts about Ourselves and
Others.

3 hour(s) to complete

Prize draw of a £50 Amazon
voucher. Each participant will
have access to free mindfulness.

Online questionnaires and tasks

Online

Royal Holloway University of London

This study explores whether mindfulness combined with a values & goals task can impact on how people feel about themselves & others. This is a online study involving questionnaires and tasks over 3 weeks. Half of participants will receive 2 weeks of mindfulness training (listening to a 10-minute video 4x a week). The other half won't be asked to do anything for this period (but can access the training after). All participants will then reflect on their meaningful values & answer...

Find out more online

Poster printed on 18/04/2024 Study expires on 17/03/2019

More info

by scanning the QR code
or visiting the URL

www.cfp.cc /6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3

cfp.cc/6D7GG3