

Call For Participants



The effects of mindfulness on perinatal distress

10 min(s) to complete

Sincere Gratitude

Pre and post survey, 14 day (10 minute) intervention

Online

University of Chichester

My masters thesis is looking at the effects of mindfulness on reducing the symptoms of perinatal distress (feelings of guilt, not feeling good enough, struggling with juggling pregnancy/motherhood with the pressures of daily life). This study applies to pregnant women and mothers with children under the age of 5. Participation requires a 10 minute mindfulness activity daily for 14 days. You will then fill in a survey at the end.

Find out more online

Poster printed on 26/04/2024

Study expires on 30/03/2020

More info

by scanning the QR code
or visiting the URL

www.cfp.cc /958PV3

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