

Call For Participants



Can mindfulness improve
astronauts' performance?

2 hour(s) to complete

Prize draw of a book signed by an astronaut and of a £30 high street voucher. Each...

Experiment

Online

University of East London

Are you fascinated by space and life of astronauts? Do you want to learn more about mindfulness meditation and positive psychology? This novel study combines both positive psychology with space psychology. Join in!

The study consists of two main parts.

- A mindfulness meditation training which you access and practice at home.
- A Skype call part of the research when you are asked to fill in a few questionnaires and to perform tasks that in various ways simulate demands placed on astronauts.

Find out more online

Poster printed on 05/05/2024 Study expires on 30/06/2018

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/B9YJW3

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