

Call For Participants



Mindfulness & Technostress

10 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Brunel University

The study aims to investigate the effects of mindfulness on technology induced stress (techno-stress) within occupational settings. By exploring the role of mindfulness as a potential buffer to stressors, this project aims to evaluate the mitigating effect of mindfulness on techno-stress as well as on job performance and job satisfaction of individuals.

You are invited to fill in a questionnaire that will take about 10 -12 minutes to complete.

Find out more online

Poster printed on 01/05/2024 Study expires on 29/01/2017

More info

by scanning the QR code
or visiting the URL

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