

Call For Participants



Mindfulness and self-regulation. Links to Internet use & procrastination

15 min(s) to complete

Prize draw of a 15-pound (or equivalent in another currency) voucher

Online Questionnaire

Online

University of Glasgow

Research has shown that problematic Internet use and procrastination are common behaviours among adults. This study looks at whether dispositional mindfulness and self-regulation may be associated with them.

This study is done as part of a postgraduate dissertation.

Find out more online

Poster printed on 05/05/2024 Study expires on 31/05/2017

More info

by scanning the QR code
or visiting the URL

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