

Call For Participants



Online Positive Mindfulness Programme for Pregnancy and Parenting Wellbeing

28 day(s) to complete

Sincere Gratitude and Access to a 28 day Mindfulness course.

Online Questionnaire and Skype or Telephone Interview

Online

University of East London

This study is researching the benefits of a 28-day Positive Mindfulness Programme for Pregnancy and Parenting wellbeing. Participation in the research requires the completion of 2 sets of surveys (20mins each). Free access to a 28-day Mindfulness Programme which consists of 8 sessions comprising of a 10-minute information video, a daily 10 minute guided meditation & a daily written exercise. New sessions become available every four days. On completion of the programme, a skype interview.

Find out more online

Poster printed on 08/05/2024 Study expires on 31/05/2017

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/HERJQ3

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