

Call For Participants

Self-compassion and mindset orientations

60 min(s) to complete

Sincere Gratitude

Online Questionnaire and Experiment

Online

University of East London

This study seeks to uncover whether there is a relationship between self-compassion and mindset orientations. The study includes answering two short questionnaires, twice (14 days apart) and completing a 7-day self-compassion intervention. This intervention will include meditations, written and reflective exercises (each will take between 5-20 minutes to complete).

Find out more online

Poster printed on 29/03/2024 Study expires on 04/01/2019

More info

by scanning the QR code or visiting the URL

www.cfp.cc/I14XA3

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