

Call For Participants



Mindfulness and Emotion Management Study

20 min(s) to complete

Prize draw £50 Amazon vouchers

Online Questionnaire

Online

Middlesex University

The aim of the Mindfulness and Emotion Management Study is to see whether people who deliberately hurt themselves (self-harm) experience and deal with their emotions differently from people who have never self-harmed. It will also examine whether people who self-harm have a different level of 'mindfulness' – that is, the awareness of what is going on in the present moment without making judgments.

Find out more online

Poster printed on 29/04/2024

Study expires on 17/06/2016

More info

by scanning the QR code
or visiting the URL

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