Call For Participants

The Positive Body Image Project

Liverpool John Moores University

2 week(s) to complete

Sincere Gratitude

Intervention delivered online

The purpose of the study: to investigate how self-compassion and gratitude may help people change their relationship with body image in a positive way
The nature of the study: a randomized controlled trial of brief meditation tasks or control done in your own time
Time commitment: 3 hours spread over two weeks
Tasks: complete questionnaires 3 times. Intervention groups practice a meditation task for 5min per day. Video Instruction and MP3 meditation provided by email after

Find out more online

Poster printed on 20/04/2024 Study expires on 12/07/2019

More info

by scanning the QR code or visiting the URL

www.cfp.cc/NNA2Q3

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