



SIT Mindfulness Research Factsheet

Title: Six-week Introductory Training (SIT) in Mindfulness

Description:

The purpose of this study is to measure the efficacy of the SIT Mindfulness course for managing stress and increasing emotional awareness. Mindfulness practices have been shown to be useful in these areas. The current study will measure SIT students' stress and emotional awareness before, during and after the six-week course.

Risks and Benefits:

Mindfulness practices have been shown to be beneficial in managing the symptoms of stress, improving attention and memory, and supporting the experience of positive emotions. Mindfulness practices may result in minor discomfort from sitting still for long periods of time, slow physical movements etc. Also, talking about stressors may evoke physical and emotional discomfort.

Time Commitment and Payment:

All research for this study will take place within the SIT course. There is no additional time commitment and no payment for participating in the study.

Confidentiality:

Your survey responses will be collated by an administrator for the Mindfulness Training Institute and not your personal SIT course teacher, who will not have access to individual questionnaire results. We do not believe that you can be identified from any of this information. No names will be used in the reporting of results.

Right to Withdraw:

Your participation in this study is entirely voluntary. You may choose not to participate without any adverse consequences to you. Should you choose to participate and later wish to withdraw from the study, you may discontinue your participation at that time without consequence.