STRESSED AT WORK? WANT TO MANAGE YOUR STRESS LEVELS WITH A MEDITATION APP?

We invite you to join our 9-week research study

Professor Jian Li, MD, PhD, at the UCLA Fielding School of Public Health and School of Nursing, is conducting a research study. If you are a stressed worker, we invite you to join our 9-week research study where you will use a smartphone app to listen to guided meditations, watch videos about meditation and work stress, and complete brief readings about meditation.

If you are eligible, you will be invited for a 90-minute study visit where you will:
• Fill out questionnaires
• Download our meditation app
• Listen to a 30-minute guided meditation while devices measure your stress levels
• Have a small strand of hair (less than 5mm in diameter) be clipped off
• Be provided with a blood pressure monitor to wear for 24 hours, returning it back to us afterwards
• Receive a $25 gift card for your participation

For 9 weeks you will use the app to:
• Listen to a guided meditation for 30 minutes a day for 6 days a week
• Watch videos on meditation and work stress, and complete brief readings about meditation on the 7th day of each week
• At week 4, you will fill out the questionnaires again, at home

After 9 weeks of using the app, you will come back for a 90-minute study visit where you will:
• Repeat the measurements
• Receive another $25 gift card for your participation

Participation in this study is voluntary, and you may withdraw at any time without any penalty. If you do not meet all eligibility requirements, you will not be able to participate in this research study.

If you are interested, please contact Timothy Matthews at 424-535-8293 or email: meditationappstudy@gmail.com

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