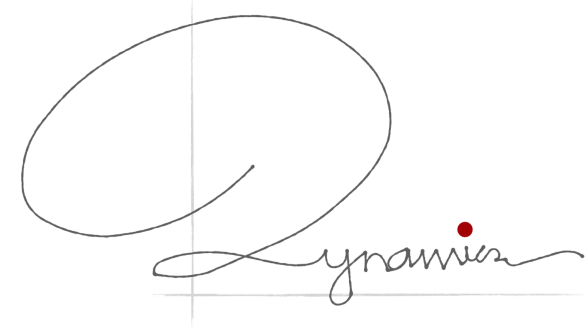


MEDITATION STUDY



brain dynamics lab @ Stanford



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WHY STUDY MEDITATION?

- COVID-19 led to prolonged social isolation and putatively put individuals at increased risk for acquiring mental health disorders
- There is an urgent need to develop strategies that can arm individuals against the chronic fear and anxiety posed by global crises
- Meditation training has been previously shown to positively affect mental and physiological health
- Several benefits, from an improved immune system to healthier well-being, have been reported with regular meditation practice
- Can regular, short meditation practice be the solution?

WE STUDY MEDITATION FROM 3 PERSPECTIVES

1

WELLBEING

How does your perspective on your wellbeing change throughout the duration of the study?

SURVEYS

3 Main Surveys: Week 0, 8, 16
Daily Mini-surveys (2 questions)

2

PHYSIOLOGY

How does your physiology of sleep change throughout the duration of the study?

FITBITS

Wear the Fitbit nightly as much as possible

3

COGNITION

How does your attention and reaction speed change throughout the duration of the study?

TESTING

3 Cognitive Tests: Week 0, 8, 16

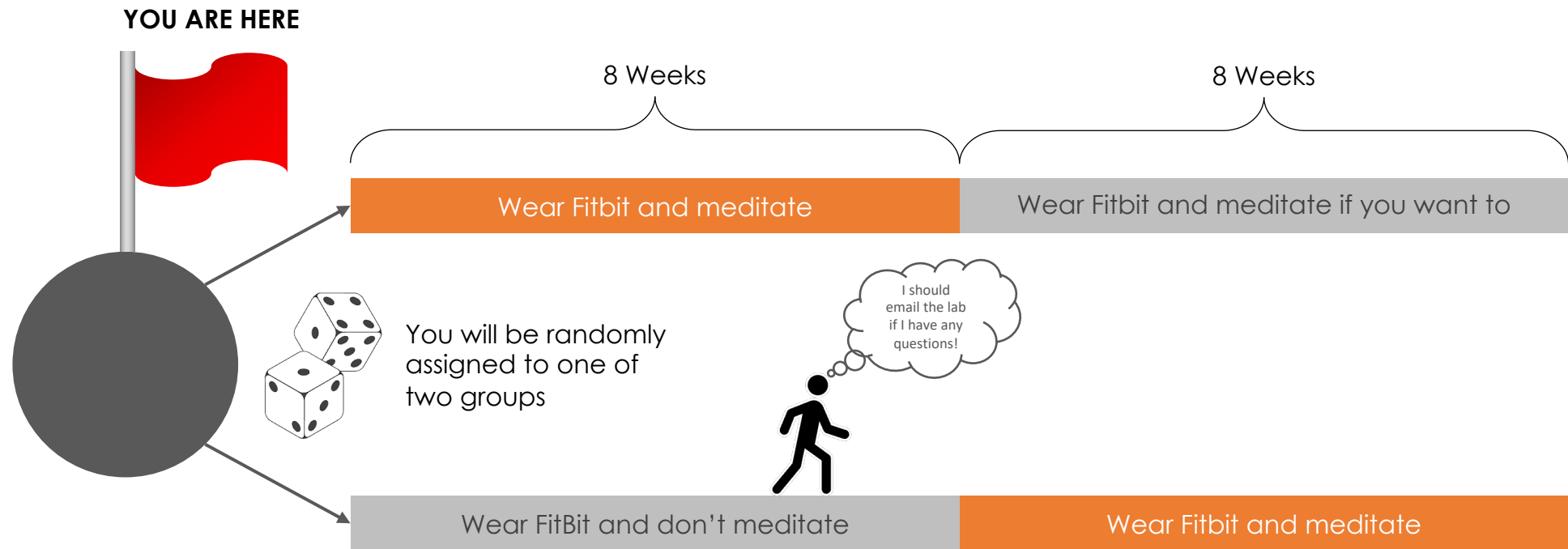
As a participant, your meditation journey will be studied in 3 different ways. You will fill out 3 big surveys, perform 3 short cognitive tests, and wear a Fitbit every night for 16 weeks.



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THE STUDY CONSISTS OF 2 ARMS



If you are assigned to arm 1, you will meditate for 8 weeks and then self report if you decide to meditate longer. If you are assigned to arm 2, you will not meditate for 8 weeks and then meditate for 8 weeks.



YOU WILL BE ASSIGNED AN ID NUMBER

001-01-01

PERSONAL ID - COHORT - ARM

Use this unique ID in the subject line of our emails so that we can answer questions faster! This ID can also be used to see if you sync up with another participant.



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HOW DO I MEDITATE?

1 Hr Training Session



30-minute midpoint check-in



You will receive a 1 hour zoom training session on how to effectively meditate once you are assigned your meditate start time. 4 weeks after starting your meditation practice, we will follow up with you.

MEDITATION OUTLINE

You will receive a new link via email **DAILY** which you will use to record your meditation. Please use the timers provided in the survey.

You can meditate in 2 x 5-minute sets or 1 x 10-minute set.

Meditate for 10 min minimum daily. You can meditate for extra time using the same daily email link.

We will periodically check in to ensure all is going well.

HOW DO I PARTICIPATE?



Wear your Fitbit nightly so that we can collect data about your sleep.

Meditate for 10 minutes daily minimum.

Complete Surveys and cognitive tasks.

Stay connected.

Keep your Fitbit if you complete the study!

FITBIT INSTALLATION



Download the MyPHD App from the Google Play Store or the Apple App Store.

On your smartphone, click and download the myPHD file provided to you in this email. You may need to use the “open with myPHD” option if the file does not automatically sync to myPHD.

Link your Fitbit to My PHD using the on-screen instructions.

You are now connected!

HOW DO I START?

Set up myPHD

If you are assigned to arm 1, your first day will be the day that you schedule meditation training.

If you are assigned to arm 2, email us the day that you would like to start.

Complete the assigned tasks and you are ready to go!

INVITE A FRIEND BY SENDING
THEM THIS QR CODE

