

STUDY00006288

View: SF: Basic Study Information

Basic Study Information

1. * Title of study:

The Effects of Mindfulness and Attention on Life Satisfaction and Memory

2. * Short title:

Mindfulness, Attention and Life Satisfaction

3. * Brief description:

This online survey study explores whether paying attention to the present moment (mindfulness) is related to how satisfied people feel with their lives and the capacity to direct attentional resources to the world around them. Participants will complete an anonymous online survey about their daily attention, mindfulness, and life satisfaction. Their responses will help researchers understand how mindfulness and attention may relate to overall well-being in college students.

4. * What kind of study is this?

Single-site study

5. * Will an external IRB act as the IRB of record for this study?

Yes No

6. * Local principal investigator:

Ella Bremmer

7. * Attach the protocol:

Document	Category	Date Modified	Document History
View  20260205_Protocol.docx(0.02)	IRB Protocol	2/5/2026	History

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View: SUNY 8.2.3 SF: Study Funding Sources (not integrated with Grants)

Study Funding Sources

1. * Is this a funded study? Yes No

Local Study Team Members

1. Identify each additional person involved in the design, conduct, or reporting of the research:

Name	Roles	Financial Interest	Involved in Review	E-mail Consent Status	Phone
Ella Bremmer	Student Researcher	Pending Creation	yes	ebremmer@albany.edu	
	Research Assistant				
Gregory Cox	Faculty Advisor	Pending Creation	no	gecox@albany.edu	2404261573
Pierce Johnson	Student Researcher	Pending Creation	yes	pj765736@albany.edu	

2. External team member information:

Name	Description
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There are no items to display

- Use one of the templates in the [IRB Library](#)

Study Scope

1. * Does the study specify the use of an approved drug or biologic, use an unapproved drug or biologic, or use a food or dietary supplement to diagnose, cure, treat, or mitigate a disease or condition?

Yes No

2. * Does the study evaluate the safety or effectiveness of a device or use a humanitarian use device (HUD)?

Yes No

Local Research Locations

- 1. Identify research locations where research activities will be conducted or overseen by the local investigator:**

Location	Contact	Phone	Email
View	Online		

Local Site Documents

1. Consent forms: (include an HHS-approved sample consent document, if applicable)

	Document	Category	Date Modified	Document History
View	 20260205_InformedConsentPavlovia.pdf(0.02)	Consent Form	2/5/2026	History

2. Recruitment materials: (add all material to be seen or heard by subjects, including ads)

	Document	Category	Date Modified	Document History
View	 big 5 example.pdf(0.01)	Recruitment Materials	12/9/2025	History
View	 visual search .pdf(0.01)	Recruitment Materials	12/9/2025	History
View	 visual search instructions .pdf(0.01)	Recruitment Materials	12/9/2025	History
View	 study debrief .pdf(0.01)	Recruitment Materials	12/9/2025	History
View	 mindfulness example .pdf(0.01)	Recruitment Materials	12/9/2025	History
View	 life satisfaction example .pdf(0.01)	Recruitment Materials	12/9/2025	History
View	 instructions .pdf(0.01)	Recruitment Materials	12/9/2025	History

3. Other attachments:

	Document	Category	Date Modified	Document History
View	 20250805_FacultyAdvisorStatement.pdf(0.01)	Site Permission Letter	2/4/2026	History
View	 demographic 12_9.pdf(0.01)	Surveys/Questionnaires	12/9/2025	History
View	 20251016_BigFiveInventory.pdf(0.01)	Surveys/Questionnaires	10/16/2025	History
View	 SWLS.pdf(0.01)	Surveys/Questionnaires	9/16/2025	History
View	 mindfulnessscale.pdf(0.01)	Surveys/Questionnaires	9/16/2025	History

Suggested attachments:

- Completed checklist of meeting Department of Energy requirements, if applicable
- Other site-related documents not attached on previous forms

CITI Training

***Note:** For **NIH training**, please scan and attach the completion certificate as a “supporting document” on the last page of this submission. **All researchers must complete either the CITI or NIH training program.**

1. PI Completed CITI Coursework:

Ella Bremmer

	Curriculum	Training Course	Group	Training Stage	External Report Identification	Learner's Score	Passing Score	Date Report Completed	Date Report Expired
View	Human Research	ID00000207	IRB: Human Subject Research (Investigators Advisors)	ID00000001	70930292	94	80	7/21/2025	7/21/2030

2. Study Team Members Completed CITI Coursework:

Name	Training Details				
	Curriculum	Group	Stage	Expire	
Gregory Cox	Conflict of Interest mini-course	Managing Conflicts of Interest in Research	Stage 1	9/10/2028	
	Conflict of Interest mini-course	Managing Conflicts of Interest in Research	Stage 1	7/21/2025	
	Human Research	IRB: Human Subject Research (Investigators Advisors)	Basic Course	7/21/2026	
Ella Bremmer	Curriculum	Group	Stage	Expire	
	Human Research	IRB: Human Subject Research (Investigators Advisors)	Basic Course	7/21/2030	
Pierce Johnson	Curriculum	Group	Stage	Expire	
	Human Research	IRB: Human Subject Research (Investigators Advisors)	Basic Course	8/18/2028	
	GDPR & Human Subjects Research in the U.S.	GDPR & Human Subjects Research in the U.S.	Basic		
	Conflict of Interest mini-course	Managing Conflicts of Interest in Research	Stage 1	8/20/2027	