INSTITUTIONAL REVIEW BOARD
FOR THE PROTECTION OF HUMAN SUBJECTS IN RESEARCH

NOTICE OF STUDY APPROVAL

February 5, 2026

Ella Bremmer
1400 Washington Ave
Albany, NY 12222

Dear Ella Bremmer:

The Institutional Review Board (IRB) for the protection of human subjects in research reviewed the following study:

Study Title:	The Effects of Mindfulness and Attention on Life Satisfaction and Memory
Investigator:	Ella Bremmer
IRB Study ID:	STUDY00006288
Funding:	None
Grant ID:	None
Type of Review:	Exempt

The materials for the project referenced above were reviewed and approved by the IRB.

The IRB approved the study from **2/5/2026** to **to 2/3/2031 inclusive. Before 2/3/2031 or within 30 days of study close, whichever is earlier, you are to submit a completed continuing review and required attachments to request continuing approval or closure.**

If continuing review approval is not granted before the expiration date of 2/3/2031, approval of this protocol expires on that date..

IRB approval is given with the understanding that the most recently approved procedures will be followed and the most recently approved consenting documents will be used. If modifications are needed, those changes may not be initiated until such modifications have been submitted to the IRB for review and have been granted approval.

Principal Investigators (PI) are responsible for ensuring:

- that before any change to the study plan is implemented, researchers must request an additional review of the revised plan;
- all investigators, key personnel, and faculty advisors involved in research with human subjects must maintain current training in human subjects research through the CITI course: IRB: Human Subject Research (Investigators, Advisors).

    - If the study is an externally sponsored clinical trial, researchers must also complete one of the offered "Good Clinical Practice" trainings in CITI.
    - If there is any change to the study staff, investigators must update the study in PACS to keep the study team current;
- that study materials the participants will see include the IRB issued Study Number. This number can be found on the approval letter;
- if research activities will continue beyond the expiration date of the approval, a request for review will be needed;
- that current IRB approval is maintained for the life of a sponsored project for research with human subjects; and
- if there is an unanticipated problem involving risks to subjects or others related to the study procedures, the Office of Regulatory and Research Compliance needs to be contacted once you become aware of the problem. Contact the office at: 518-437-3850 or via e-mail at irb@albany.edu.

Prior to the expiration of this approval, you will receive notification that it is time for the IRB to conduct its periodic review of your study. Studies cannot be conducted beyond expiration date without re-approval by the IRB.

Before **to 2/3/2031 inclusive. Before 2/3/2031 or within 30 days of study close, whichever is earlier, you are to submit a completed continuing review and required attachments to request continuing approval or closure.**
If continuing review approval is not granted before the expiration date of 2/3/2031, approval of this protocol expires on that date. or within 30 days of study closure, whichever is earlier, you are to submit a Continuing Review with required explanations if this study is to continue beyond the originally approved period. You can submit a Continuing Review by navigating to the active study and clicking Create Modification Continuing Review.

If a continuing review approval is not granted before the expiration date of **to 2/3/2031 inclusive. Before 2/3/2031 or within 30 days of study close, whichever is earlier, you are to submit a completed continuing review and required attachments to request continuing approval or closure.**
If continuing review approval is not granted before the expiration date of 2/3/2031, approval of this protocol expires on that date., all research procedures, including the analysis of identifiable data, must cease.

If you have any questions, please contact the IRB through the Office of Regulatory and Research Compliance at irb@albany.edu or via phone at 518-437-3850.

Documents Reviewed:
- 20250805_FacultyAdvisorStatement.pdf, Category: Site Permission Letter;
- 20251016_BigFiveInventory.pdf, Category: Surveys/Questionnaires;
- 20260205_InformedConsentPavlovia.pdf, Category: Consent Form;
- 20260205_Protocol.docx, Category: IRB Protocol;
- big 5 example.pdf, Category: Recruitment Materials;
- demographic 12_9.pdf, Category: Surveys/Questionnaires;
- instructions .pdf, Category: Recruitment Materials;
- life satisfaction example .pdf, Category: Recruitment Materials;
- mindfulness example .pdf, Category: Recruitment Materials;
- mindfulnessscale.pdf, Category: Surveys/Questionnaires;
- study debrief .pdf, Category: Recruitment Materials;
- SWLS.pdf, Category: Surveys/Questionnaires;
- visual search .pdf, Category: Recruitment Materials;
- visual search instructions .pdf, Category: Recruitment Materials;