

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     | Document                |
|---|----------|----------|-------------------------|
|   |          | Modified | History                 |
| <a href="#">View  20260205_Protocol.docx(0.02)</a> | IRB      | 2/5/2026 | <a href="#">History</a> |
|   | Protocol |          |                         |



**STUDY00006288**

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 Review Status | Involved in Consent | E-mail              | Phone      |
|----------------|---------------------------------------|----------------------------------|---------------------|---------------------|------------|
| Ella Bremmer   | Student Researcher Research Assistant | Pending Creation                 | yes                 | ebremmer@albany.edu |            |
| 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

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 |
|----------------------|---------|-------|-------|
| <a href="#">View</a> | Online  |       |       |



# Local Site Documents






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

| Document             |  | Category     | Date Modified | Document History        |
|----------------------|--|--------------|---------------|-------------------------|
| <a href="#">View</a> |  <a href="#">20260205_InformedConsentPavlovia.pdf(0.02)</a> | Consent Form | 2/5/2026      | <a href="#">History</a> |

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

| Document             |  | Category              | Date Modified | Document History        |
|----------------------|--|-----------------------|---------------|-------------------------|
| <a href="#">View</a> |  <a href="#">big 5 example.pdf(0.01)</a>                | Recruitment Materials | 12/9/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">visual search .pdf(0.01)</a>               | Recruitment Materials | 12/9/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">visual search instructions .pdf(0.01)</a>  | Recruitment Materials | 12/9/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">study debrief .pdf(0.01)</a>               | Recruitment Materials | 12/9/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">mindfulness example .pdf(0.01)</a>        | Recruitment Materials | 12/9/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">life satisfaction example .pdf(0.01)</a> | Recruitment Materials | 12/9/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">instructions .pdf(0.01)</a>              | Recruitment Materials | 12/9/2025     | <a href="#">History</a> |

**3. Other attachments:**

| Document             |  | Category               | Date Modified | Document History        |
|----------------------|--|------------------------|---------------|-------------------------|
| <a href="#">View</a> |  <a href="#">20250805_FacultyAdvisorStatement.pdf(0.01)</a> | Site Permission Letter | 2/4/2026      | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">demographic 12_9.pdf(0.01)</a>                 | Surveys/Questionnaires | 12/9/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">20251016_BigFiveInventory.pdf(0.01)</a>        | Surveys/Questionnaires | 10/16/2025    | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">SWLS.pdf(0.01)</a>                             | Surveys/Questionnaires | 9/16/2025     | <a href="#">History</a> |
| <a href="#">View</a> |  <a href="#">mindfulnessscale.pdf(0.01)</a>                 | Surveys/Questionnaires | 9/16/2025     | <a href="#">History</a> |

**i 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 |
|----------------------|----------------|----------------------------|--|----------------------------|--------------------------------|-----------------|---------------|-----------------------|---------------------|
| <a href="#">View</a> | Human Research | <a href="#">ID00000207</a> | IRB: Human Subject Research (Investigators Advisors) | <a href="#">ID00000001</a> | 70930292                       | 94              | 80            | 7/21/2025             | 7/21/2030           |

## 2. Study Team Members Completed CITI Coursework:

Name Training Details

|                |  |  |              |               |
|----------------|--|--|--------------|---------------|
| Gregory Cox    | <b>Curriculum</b>                          | <b>Group</b>   | <b>Stage</b> | <b>Expire</b> |
|                | 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     |
| Ella Bremmer   | Human Research                             | IRB: Human Subject Research (Investigators Advisors) | Basic Course | 7/21/2026     |
|                | <b>Curriculum</b>                          | <b>Group</b>   | <b>Stage</b> | <b>Expire</b> |
|                | Human Research                             | IRB: Human Subject Research (Investigators Advisors) | Basic Course | 7/21/2030     |
| Pierce Johnson | <b>Curriculum</b>                          | <b>Group</b>   | <b>Stage</b> | <b>Expire</b> |
|                | 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     |