



**NANYANG
TECHNOLOGICAL
UNIVERSITY**
SINGAPORE

Mindful Affirmation Practice Mobile App Study (COVID-19)

IRB-XXXXX

Be part of a simple mobile app study on the use of mindful affirmations during the COVID-19 pandemic.

- Are you a healthy adult aged above 21 of age?
- Are you willing to download an app for use for at least 8 days?
- Are you willing to commit to verbally affirm a word or phrase of your choice, while tapping a button on the app carefully to count it, for at least between 20 to 500 times per day, over 7 days?
- Are you willing to provide anonymous survey responses via the app on twice during the 8 days of research?

If you answered YES to these questions, you will be eligible to participate in our research study.

The purpose of this research study is to understand how mindful affirmations may have an effect on your perceptions of COVID-19.

To take part in this study, you are first asked to decide on a word or short phrase of your choice. It should be something you are willing to commit to repeating verbally for at least 20 to 500 times per day. After you have decided on the phrase, you can download the app from the links below to begin the study proper, including the providing of informed consent.

There will be no collection of sensitive personal particulars such as names or identity number.

Your involvement in this study is voluntary.

Healthy adults (21 and above years of age) are eligible to participate.

Please contact yinghwa.kee@nie.edu.sg for more information

Name and contact details of Principal Investigator:

Asst Professor Kee Ying Hwa (yinghwa.kee@nie.edu.sg) NTU-IRB contact details: Tel: 6592 2495; Email: IRB@ntu.edu.sg

Links to the app to be inserted after it is made available at the app stores.