

**Submission Date:** April 1, 2017

**Tri Council Policy Statement (TCPS 2) Tutorial Date:** March 12, 2016

**Most recent review of REB FAQs Date:** March 29, 2017

## 1. RESEARCH TEAM

### 1.1 Research Title

The shared, lived, subjective experience of the phenomenon of the mind-body connection for yoga practitioners in yoga practice.

### 1.2 Applicant (Student Researcher or Principle Researcher)

Name: Rachel Weinstein      Phone: -----      Email: -----

Program: Masters of Arts in Counselling Psychology

### 1.3 Co-Principal Researcher(s) or Faculty Supervisor (Supervising Researcher)

Name: Dr. Asa-Sophia Maglio      Email: amaglio@adler.edu

### 1.4 Research Team Members (Investigators/Second Reader/Committee Members/Consultants)

Name: Dr. Pamela Patterson      Email: ppatterson@adler.edu      Affiliation: Core faculty

### 1.5 Research Team Experience

#### APPLICANT:

- Rachel Weinstein is the primary student researcher conducting the study. She is currently completing her Master of Arts in Counselling Psychology at Adler University. She has a Bachelor of Health Sciences degree from Western University. In addition to completing the TCPS2 tutorial, the student researcher has a variety of research experience. She worked with Dr. John Bell as a research student at the Ottawa Hospital Research Institute, and Dr. David Stojdl at The Apoptosis Research Centre, focusing on the development and use of novel oncolytic viruses as anticancer therapy.
- Rachel volunteered as a research student at the Youth Research Unit at the Royal Ottawa Mental Hospital on the Research on Eating and Adolescent Lifestyles (REAL) study.
- Rachel has worked as a Hospital Assistant for Comfort Keepers, providing one-on-one care and supervision for patients admitted to the emergency department at various hospitals with mental health concerns. Rachel supported individuals through episodes of distress.
- Rachel completed a 150 hour social justice practicum as a requirement of her M.A. degree at Deborah's Gate, a national, specialized program of care serving international and domestic

women who have been trafficked into situations of sexual and/or labour exploitation. Rachel assisted in developing and co-facilitating life skills and living workshops, with a holistic focus on physical, emotional, mental and social well-being.

- Rachel has completed a 200-hour Yoga Teacher Training program at The Tantric Alchemy (TAI) Institute, at The Sanctuary at Two Rivers in Costa Rica with Liz Lindh, ERYT 500, YACEP. Rachel is a registered yoga teacher (RYT) with the Yoga Alliance. Rachel studied asana, pranayama, meditation, mindfulness, mantra, bandha, and mudra in her training. Rachel also had the opportunity to learn about the Classic Yoga Sciences of the Ayurveda (Indian Medicine), Vastu (spatial alignment), Jyotisha (astrology) and Palmistry.
- Rachel volunteered at the 5<sup>th</sup> annual Northwest Yoga Conference in Bellevue, Washington in March 2016. She was involved in setting up facilities for workshops, running the information and sign in desk, and assisting yoga teachers. Rachel was able to participate in a variety of workshops at the conference.
- Rachel has studied The *Yoga Sūtras of Patañjali* and The *Bhagavad-gītā*.
- Rachel has completed a 20-hour Trauma Sensitive Yoga Teacher Training with Nicki Mosley, MSW, RYT, TCTSY-F in Vancouver, BC.
- Rachel currently teaches yoga (flow, hatha, power, yin) at Shanti Yoga in Tsawwassen, and is engaged in regular practice in her community and on her own.
- The student researcher has completed various training experiences that are relevant to the proposed research study. These include: 3-day Emotion Focused Family Training (EFFT) with Dr. Adele Lafranse, PhD, C.Psych (October 2016) and The Vancouver School for Narrative Therapy 5 day Foundations Level Training Certificate Program (March 2017).
- Rachel is currently doing her clinical practicum at Fraser North Eating Disorders Program, where she is receiving training in DBT, RO-DBT, EFFT and FBT.

#### **RESEARCH TEAM:**

- Dr. Asa-Sophia Maglio
- Dr. Pamela Patterson

#### **1.6 Research Support Members (if applicable)**

The student researcher may hire a third party professional transcriber, as recommended by Core Faculty at Adler University. Hiring a transcriber has not yet been done, but this individual will be someone who has previous experience transcribing interviews for Adler students or faculty, who is held with respect for their professionalism and adherence to confidentiality and anonymity procedures.

## **2. SUMMARY OF STUDY AND RECRUITMENT**

### **2.1 A. Overview of Research Study (Maximum 300 words)**

#### **1. Purpose:**

- To investigate and understand the shared, subjective, lived experience of the mind-body connection in yoga practice for yoga practitioners.

**2. Research Question:** *What are the shared, lived, subjective experiences of the phenomenon of the mind-body connection for yoga practitioners in yoga practice?*

**3. Rationale**

Current research from the West focuses primarily on quantitative measures surrounding healing of diseases with mind-body medicine such as yoga (Astin, Shapiro, Eisenberg & Fors, 2003; Fernos, Furhoff & Wandell, 2008; Rentala, Nattala, Chan & Konduru, 2015). Literature from the East focuses on a philosophical formulation of the mind-body connection in the practice of yoga (Bhaktivedanta Swami Prabhupāda, 1983; Satchidananda, 2012). As a result, there is an apparent gap in our understanding of the mind-body connection from the yoga practitioner's subjective experience. Phenomenological research has the advantage of focusing on individual's subjective lived experiences, and thus has the ability to access aspects of cultivating the mind-body connection through a yoga practice that current literature has not yet examined. Thus, it is proposed that an in-depth phenomenological analysis of yoga practitioner's lived subjective experiences of the mind-body connection can aid in our understanding of the mind-body connection through yoga practice.

**4. Objectives**

To add to our understanding of the mind-body connection from the perspective of the practitioner and his or her embodied experience. To explore the experience of the mind-body connection in yoga practice using transcendental phenomenology.

**2.1 B. Summary of Research Procedures (Maximum 500 words)**

*Methodology and Rationale*

A qualitative Transcendental Phenomenological Approach was chosen because it approaches knowledge by intertwining objective and subjective knowledge (Moustakas, 1994). This description reflects the very nature of the mind-body connection as an experience of something that may not be apparent in conscious awareness until it is encouraged to emerge at the forefront. The intention of this research is to pull that experience from the subject to examine it in its object form.

*Demographics*

The following demographic information will be collected for descriptive purposes. Co-researchers will be told they do not have to provide this information if they are not comfortable.

- Age
- Gender
- Cultural or religious affiliation
- Type of yoga practiced
- How long one has been practicing

*Population*

- Participants in this study will be referred to as co-researchers, as the primary researcher is the expert in the methodology, and the individual being interviewed is the expert in his or her experience of the phenomenon (Moustakas, 1994). Co-researchers will be recruited

using purposive (Wertz, 2005) and snowball sampling (Creswell, 2013). The sample size will be between 3 to 12 and will consist of yoga practitioners who can speak to the mind-body connection in practice.

- The role of the co-researcher is to participate in the first interview and then participate in the second follow-up interview to review emergent themes.

### *Method*

- Co-researchers will be asked to participate in two semi-structured interviews that will be audio-recorded. The first will be up to 2 hours, and the second will be up to 1 hour.
- Before commencement of the first interview, the Informed Consent Form (Appendix K) will be reviewed. All questions will be answered to the satisfaction of co-researchers before signing the form. If the interview is conducted over Skype or phone, the co-researcher will be asked to mail a signed copy to the student researcher once all questions are addressed.
- At the onset of the first interview, the Purpose of the Study Script (Appendix L) will be reviewed, with an opportunity for the co-researcher to ask any questions. Then the first interview will be conducted, which will comprise of the questions contained in the Interview Protocol, Research Interview Guide 1 (Appendix M). This interview protocol will evolve to aid the co-researchers in telling their lived experience with the mind-body connection.
- At the end of the interview, the co-researcher will be asked to fill in the Demographic Information Form (Appendix R). The co-researcher will be reminded of the second interview and will be told that they will receive an e-mail to set up the second interview (Appendix P)
- The audio-recorded interviews will be transcribed and all identifiable information will be removed.

### *Data Analysis and Interpretation*

- Analysis of the interviews will adhere to the 6-step transcendental phenomenological framework outlined by Moustakas (1994) and thematic analysis outlined by Braun & Clarke (2006).
- The student researcher will transcribe and review the audiotape to identify themes based on the information shared (Braun & Clarke, 2006) and to produce descriptions of the lived experience, known as textural-structural descriptions (Moustakas, 1994). Once analysis of the first interview is complete, overall textural-structural descriptions and overall emergent themes will be emailed to co-researchers, with an invitation to review the findings and contribute feedback (Appendix P). These themes will be the overall themes from all the interviews.
- A second interview will be set up with the Arranging Second Interview Email (Appendix P). The student researcher will engage in member checking with the use of the second interview (Appendix N), which ensures credibility of the overall findings (Creswell, 2013). The co-

researcher will also have an opportunity to review any extended direct quotes (40+ words) and modify quotations to protect identity, as well as give (or not give) consent to include quotes in the final write up (Appendix N).

- Subsequently, final textural-structural descriptions and syntheses will be produced.
- Co-researchers who request a draft copy of the thesis will be sent a copy.

## 2.2 References

- Astin, J., Shapiro, S.L., Eisenberg, D.M., & Forsys, K.L. (2003). Mind-Body Medicine: State of the Science, Implications for Practice. *Journal of the American Board of Family Medicine*, 16, 131-147. doi: 10.3122/jabfm.16.2.131.
- Bhaktivedanta Swami Prabhupāda, A.C. (1983). *Bhagavad-Gītā: As It Is*. China: The Bhaktivedanta Book Trust International, Inc.
- Braun, V. & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77-101.
- Creswell, J.W. (2015). *Educational research: Planning, conducting, and evaluating quantitative and qualitative research* (4<sup>th</sup> ed.). Boston, MA: Pearson.
- Fernros, L., & Furhoff, A., Wandell, P. (2008). Improving quality of life using compound mind-body therapies: evaluation of a course intervention with body movement and breath therapy, guided imagery, chakra experiencing and mindfulness meditation. *Qualitative Life Res*, 17, 367-376. doi: 10.1007/s11136-008-9321-x
- Moustakas, C. (1994). *Phenomenological Research Methods*. SAGE: Thousand Oaks, CA.
- Rental, S., Fong, T., Nattala, P., Chan, C., & Konduru, R. (2015). Effectiveness of body-mind-spirit intervention on well-being, functional impairment and quality of life among depressive patients - a randomized controlled trial. *Journal of Advanced Nursing*, 71(9), 2153-2163. doi: 10.1111/jan.12677
- Satchidananda, Sri Swami. (2012). *The Yoga Sutras of Patanjali*. Buckingham, VA: Integral Yoga Publications.
- Wertz, F.J. (2005). Phenomenological Research Methods for Counseling Psychology. *Journal of Counseling Psychology*, 52(2), 167-177.

## 2.3 Inclusion Criteria

The following is a list of the inclusion criteria:

- Must self-identify as a yoga practitioner. For the purpose of this study a yoga practitioner is defined as someone who identifies with practicing yoga in their life. No formal training or certification is required.
- 19 years of age or older
- Living in Canada or the United States
- Speak and understand English
- Willing to attend two interviews and travel to Vancouver or a surrounding area for the interview, or participate via phone or on Skype if living outside these areas
- Willing to be audio recorded

- The yoga practitioner must self-identify as having experienced the mind-body connection in some way in yoga practice and must be able to access and articulate this experience to the student researcher. The potential co-researcher will be asked if they feel able and willing to relate their lived experience of mind-body in the form of an interview, as the individual knows their ability best. This will be assessed with the primary contact screening procedure (Appendix G), which will serve to determine if the potential co-researcher is eligible to participate in this study.

## **2.4 Exclusion Criteria**

- If the individual meets all other inclusion criteria as listed above, and then replies to the initial screening procedure that they feel they ARE NOT able to access, articulate and communicate their lived experience of the mind-body connection in yoga practice, this individual is not eligible to participate in the study.
- Yoga practitioners who practice at Shanti Yoga in Tsawwassen, BC, where the student researcher teaches, are not eligible to participate in this study as a dual relationship exists.

## **2.5 Recruitment**

- The Request for Recruitment Email (Appendix B) with the attached Recruitment Poster (Appendix A) will be sent to yoga studios, gyms, meditation centers, yoga clothing stores, yoga prop stores, yoga teacher training studios or centers, and to yoga teachers. A Facebook posting (Appendix C) will be posted on yoga related groups across Canada, with the Recruitment Poster (Appendix A) attached.
- Potential co-researchers will contact the student researcher by email to express interest.
- Initial Email Reply to Prospective Co-Researcher (Appendix G) will be sent to interested individuals which includes the specifics of the research study and the initial screening procedure. If the student researcher does not hear back from the potential co-researcher within 2 weeks, she will send a follow-up e-mail to see if they are still interested in participating in the study (Appendix I: Co-Researcher Reminder Email).
- If the prospective co-researcher meets the inclusion criteria upon review of the initial screening process, they will be e-mailed the acceptance email as part of the Post Screening Email Replies (Appendix H) and a copy of the Informed Consent Form (Appendix K). In the acceptance email (Appendix H), the co-researcher will be asked to provide a phone number that the student researcher can contact them at to set up the first interview. If the individual does not meet the inclusion criteria upon review of the initial screening process, the decline email (Appendix H) will be sent to that individual.
- Once the prospective co-researcher reviews the informed consent form and agrees to participate in this research study, the first interview will be scheduled over the phone. Interviews will take place at a mutually agreed upon location that is convenient for the primary researcher and the co-researcher. These locations include a private room at a library,

community center, or office space, or at a private room at Adler University campus in downtown Vancouver. If the interview is to be done over Skype or the phone, the student researcher will conduct the interview from a private room at a library, community center, or office space, at a private room at Adler University in downtown Vancouver, or in the privacy of her own residence. The co-researcher will be asked to conduct the interview via Skype or over the phone from a private location with no other individuals around, that has a door that can be closed for privacy.

## **2.6 Access to Records for Recruitment**

Are you accessing records to identify potential participants?

- No

## **2.7 External Approvals**

Potential recruitment sites include yoga studios, gyms, meditation centers, yoga clothing stores, yoga prop stores, yoga teacher training studios or centers, and reaching out to yoga teachers. The student researcher will contact the manager, owner or contact person at these organizations or establishments, or get in contact with the yoga teacher, via phone, e-mail or in person. The student researcher will explain the purpose of the study and request permission (Appendix B, C, D, E, F) to post recruitment posters (Appendix A) at these establishments or to be included in a newsletter (Appendix D and E).

## **2.8 Number of Participants**

This study will include a minimum of 3 co-researchers, and a maximum of 12.

- This number of co-researchers is chosen due to the complex and extensive nature of the mind-body connection in yoga practice, which may require only a few individuals in order to extract common themes surrounding the experience of the mind-body connection in practice. It was intended to continue to recruit co-researchers until saturation was reached (Wertz, 2005).

## **2.9 Deception:**

Is deception being used in this research?

- No

# **3. FUNDING INFORMATION & CONFLICT OF INTEREST**

## **3.1 Source of Funding**

- N/A

### 3.2 Restrictions on Information Disclosures

- N/A

### 3.3 Actual or Perceived Conflict of Interest

- Do any Research Team Members or their immediate family members have past or current affiliation with an agency, institution, community, or individual that will provide funding, collaboration, recruitment sources, data collection sites, participant populations or follow-up assistance for this research? This includes workplaces, volunteer organizations, practicum sites, and community-based groups.
- The student researcher is a yoga teacher and interacts with a community of individuals who practice yoga. To avoid issues with a potential dual relationship, the student researcher will not be recruiting participants at the yoga studio she teaches at regularly (Shanti Yoga in Tsawwassen, BC). The student researcher does not consider herself to have any other conflict of interest at any other yoga studio across the Lower Mainland because she does not hold a teacher role at any of these studios, and thus is a member of the community just as any other member is.
- Do any Research Team Members or their immediate family members receive personal benefits (e.g. salary, overtime hours, consultant fees, or other financial gain) in connection with this research over and above the direct cost of conducting this study?
- No

## 4. RISK LEVEL and RISK MANAGEMENT

### 4.1 Determining Level of Risk

**Minimal**      Moderate      High

#### Rationale:

- The possible harm that could be experienced while participating in the research is no greater than what might be encountered by co-researchers in their everyday lives.
- Speaking about the mind-body connection may be a consistent occurrence for yoga practitioners in their community. Co-researchers may already be familiar and comfortable with discussing their experiences with the mind-body connection, as it is an integral component of yoga.
- The experience of discomfort is minimal since it is expected that emotional reaction(s) would be transient.

### 4.2 Description and Management of Risks



**Risks to participants:**

The potential risks for the study are low, but may include having an emotional reaction to the content of the interview as co-researchers recall intimate, personal experience of the mind-body connection. As well, yoga practice is commonly involved with some sort of healing, be it physical, emotional, or spiritual. Recalling experiences involved with one's practice may bring up what was being healed. It is expected that if any psychological discomfort is experienced by co-researchers, it will likely not exceed the discomfort of their everyday experience.

**Management of risks:**

- When the Informed Consent (Appendix K) form is reviewed with the co-researcher at the beginning of the first interview, the researcher will remind the co-researcher of the potential risks and benefits.
- The student researcher will then provide a list of free or low cost referrals to counselling and community related services (Appendix O) to be used if desired.
- The student researcher will remind the co-researcher that they do not have to answer any question they feel uncomfortable with, that they can stop the interview at any time to take a break, and can withdraw from the study with no consequences.
- The student researcher will tell the co-researcher that they can communicate being in distress during or after the interview. If distress is communicated, the student researcher will give the option of not answering a question, taking a break, giving space, talking through it, doing grounding exercises, rescheduling the interview or arranging to withdraw from the study completely.

**4.3 Anonymity and Confidentiality**

- The student researcher will review the limits to confidentiality as part of the Informed Consent Form (Appendix K). The student researcher will explain that all information shared in the interview will be kept confidential, but confidentiality may have to be broken if a co-researcher discloses abuse of a child or a vulnerable adult, or there is clear and imminent risk of harm towards oneself or another. Additionally, in the event of a court order or subpoena, the student researcher would be legally obligated to comply.
- Co-researchers will be asked to adopt a pseudonym for the purpose of the study, which will be referred to during the interview process. The co-researcher's pseudonym will also be used in all transcriptions, direct quotes, and personal anecdotes. Co-researcher's real names or initials will not appear in any versions of the completed study.
- To promote confidentiality in the audio-recorded file from interviews, co-researchers will **not** be addressed by their real name during the interview, but only by their pseudonym. This is to protect identity should a third-party transcriptionist be used. Before data analysis commences, all raw data will be assigned the pseudonym that corresponds to the co-researcher. It is recognized that this does not remove all identifiable information.

- If a third party transcriptionist is used, a confidentiality and anonymity agreement will be signed (Appendix F). If transcription is done by the student researcher, this will be done in a private space in the researcher's home. All transcripts will be de-identified (i.e. all names, places and other information that could identify the co-researcher) to help ensure confidentiality is maintained.
- Electronic audio recordings and transcriptions will be stored in computerized files on password protected USB drives and stored in a locked filing cabinet at the student researcher's place of residence both during and after the research study. Only the student researcher, her Supervising Faculty, and a transcriptionist if hired will have access to the audio recordings. Only the student researcher, her Supervising Faculty, her second reader, and a transcriptionist if hired will have access to the transcriptions.
- Co-researchers will have an opportunity during the second interview to review a draft of the thesis and to tell the student researcher if they wish to remove or alter any potentially identifying direct quotes or personal anecdotes from the interpreted individual or common themes. During the second interview, participants will be able to review extended direct quotes and either approve, modify or remove these to maintain confidentiality in the final thesis document. The protocol for reviewing direct quotes are detailed in the second interview protocol (Appendix N).

#### **4.4 Benefits**

The potential benefits to participation may include:

- Gaining a deeper and more comprehensive understanding of the experience of the mind-body connection in one's yoga practice.
- An increase in insight may serve to enhance one's own yoga practice and teachings.
- Add to the overall body of knowledge on the mind-body connection in yoga practice, and potential implications for using this knowledge in therapeutic settings (mental health and yoga related).

#### **4.5 Peer Review**

- N/A

### **5. PARTICIPANT INFORMATION AND CONSENT PROCESS**

#### **5.1 Sites for Study**

- A mutually agreed upon location such as a private room at Adler University, a local library, community center or a private office. The student researcher will ensure it is a closed off space with privacy (e.g. a space with a door to close to create privacy).
- If the interview is to be done over Skype or the phone, the student researcher will conduct the interview from a private room at a library, community center, or office space, at a private

room at Adler University in downtown Vancouver, or in the privacy of her own residence. The co-researcher will be asked to conduct the interview via Skype or over the phone from a private location with no other individuals around, that has a door that can be closed for privacy.

## **5.2 Time Requested of Participants**

Each co-researcher will be asked to dedicate the following amounts of time to each part of the study:

- 1) Initial contact and screening via e-mail (approx. 30 minutes)
  - 2) Interview 1 (up to 2 hours)
  - 3) Interview 2 (up to 1 hour)
- In total, each co-researcher will be asked to commit up to 3 hours over a maximum of 6 months.

## **5.3 Reimbursements and Incentives for Participation**

- N/A

## **5.4 Assessment of Capacity**

### **A. Initial assessment of capacity for the purposes of informed consent**

Will every participant have the capacity to give fully informed consent on his/her own behalf?

- Yes

Rationale:

- Potential co-researchers will be 19 years of age or older and will have voluntarily reached out to the student researcher after coming across the recruitment poster somewhere in the community, on Facebook, or through a newsletter.
- Prospective co-researchers who offer a clear desire of their interest in the study and are able to prove they are eligible to participate via the initial screening process will reasonably be expected to have the capacity to give informed consent.
- Potential co-researchers are individuals who have been able to commit and engage in a regular practice of yoga. Thus, it is anticipated that if one has been able to integrate the practice of yoga into one's life, one possesses the physical and mental capacity to review, understand, and give fully informed consent.
- The Informed Consent (Appendix K) will be verbally reviewed with each co-researcher at the beginning of interview 1, with time to discuss any questions or concerns, which will provide an understanding of the co-researcher's capacity. The Informed Consent will be reviewed again at the beginning of interview 2.

### **B. Ongoing assessment of capacity**

- This study requires two interviews. The Informed Consent (Appendix K) will be verbally reviewed with each co-researcher at the beginning of each interview. Co-researchers will be given time to address concerns or questions and will be reminded that they can withdraw from the study and request that all their information be removed up to one month after the first interview with no consequences.

## **5.5 Explanation of Consent Forms to Potential Participants**

How will the Informed Consent Form be reviewed?

- The Post Screening Email Reply (Appendix H) will be emailed to prospective co-researchers who meet the inclusion criteria following the initial screening process. This e-mail will include a copy of the consent form, with a request to review it and ask any questions if clarification was needed. The co-researcher will be encouraged to review the Informed Consent Form and ask for clarification over e-mail if needed, and will be told there will be an opportunity at the beginning of the first interview to review the form and sign it with the student researcher.
- At the beginning of the first interview, The Purpose of the Study Script (Appendix L) will be read. The Informed Consent Form (Appendix K) will be discussed thoroughly, and co-researchers will have the opportunity to ask the student researcher any questions about the study before the audio-recorded interview begins. Following this conversation, co-researchers may choose to sign the informed consent form, thereby providing formal consent to participate in the study.
- If the co-researcher is participating in the interview via phone or Skype, they will be asked to review the informed consent, ask for any clarification, and mail a signed copy to the co-researcher. There will be an opportunity to verbally review the informed consent form at the beginning of the first interview over phone or Skype as well.
- A copy of the Informed Consent Form will be made for each co-researcher and the student researcher will hold the originals. These will be kept in a secure location in her private residence.
- The Informed Consent Form will be reviewed at the beginning of the second interview (Appendix N) and the student researcher will remind the co-researcher that participation in the study is voluntary and that they can chose to withdraw from the study and have their information removed up to one month after the first interview.

How much time will the participants have to review the Informed Consent Form?

- The amount of time the co-researcher will have to review the consent form depends on the amount of time between when they receive the form and when the first interview is scheduled. It is between this time frame that the co-researcher will have to review the form. It is estimated that this time frame will be between 1-6 weeks. The co-researcher will be

given as much time as needed at the beginning of each interview to discuss questions or concerns with the student researcher.

### **5.6 Explanation of Assent Forms to Potential Participants**

Will you be using Assent Forms in your research?

- No

### **5.7 Assistance with Consent**

- N/A

### **5.8 Translation**

Will any of your recruitment, consent or other documents be available in a language other than English?

- No

Will interactions with participants be taking place in any language other than English?

- No

### **5.9 Withdrawal of Data**

How will participants be informed of their right to request their data be withdrawn from the study and how will you remove the data?

- All co-researchers will review the Informed Consent Form (Appendix K) which clearly explains co-researcher right to request that their data be withdrawn from the study for any reason, up until one month after the first interview. The Informed Consent Form outlines the methods by which data will be removed or destroyed. The student researcher will remind co-researchers of their ongoing right to withdraw their data up to one month after the first interview, and articulate to co-researchers the methods by which data will be destroyed if requested.

### **5.10 Summary of Results to Participants**

How will you provide a summary of results to participants – including strategies for maintaining anonymity if that has been included in informed consent process?

- During the process of informed consent, co-researchers will be asked to consent to receiving an electronic draft copy of the student researcher's Master's thesis (Appendix K) so they may review the themes and provide feedback in terms of accuracy of findings. This provides co-researchers with an opportunity to remove or revise any information that does not feel accurate to their experience.

- During the process of informed consent, co-researchers will be asked if they would like to receive an electronic copy of the student researcher's completed Master's thesis (Appendix K).
- Co-researchers will be asked to provide an e-mail at which they can be sent a copy of these documents if requested.
- Confidentiality and anonymity will be maintained by referring to co-researchers only by their pseudonym in any and all publications of the research study. Throughout the results section of the thesis, all co-researchers identifying information will be removed.

## **6. SECURITY OF INFORMATION AND DATA**

### **6.1 Access to Information or Data by Persons within Adler University – Vancouver Campus**

During research, who will have access to information collected or data related to your research study?

- Only the student researcher will have access to consent forms and co-researcher contact information. The student researcher and her supervisor Dr. Asa Sophia Maglio will have access to the audio recordings. The student researcher, her Supervising Faculty, her second reader Dr. Pamela Patterson, and a transcriber (TBD) if one is to be hired will be the only persons with access to the transcriptions. Any hardcopy of raw data on paper will be stored in a locked filing cabinet in the student researcher's home.

How will all of those who have access to that information or data be made aware of their responsibilities to protect confidentiality?

- The responsibility to protect data confidentiality has been discussed and will continue to be discussed between the student researcher, her Supervising Faculty and second reader.
- Should a transcriptionist be hired, he or she must agree to signing the Confidentiality and Anonymity agreement. Then, the student researcher will assign the pseudonym the co-researcher chose to all data to protect confidentiality. Co-researchers will be notified in the informed consent form at the beginning of each interview that they will only be referred to by their pseudonym in interviews and that all their data will be labeled under that pseudonym to protect their privacy. If the hired transcriptionist is provided with data, this data will be given to them via encrypted USB.

Please describe in detail what information or data will be transferred among researchers (including research team and transcription services etc.) during data collection and analysis?

- During the research study, electronic data and back-up electronic data (including audio-recordings, transcriptions, analysis and discussion) will be stored in computerized files on a password protected, encrypted USB. No research material will be saved directly to a computer or portable laptop.
- The student researcher, her Supervising Faculty and a transcriptionist if hired (TBD) will be the only people with access to the audio recordings. During transport, the password protected USB will be kept safe in a locked pouch provided by Adler University.
- The student researcher, Supervising Faculty, a transcriptionist if hired, and her second reader will have access to the transcripts. Transcripts will be stored in computerized files on a password protected USB. During the process of analysis and/or auditing, de-identified transcripts will be transferred by either password protected USB drive or in printed document form directly between the student researcher, her Supervising Faculty, and second reader. In each case, the transcripts will be kept safe in a locked pouch provided by Adler University during transportation.
- The student researcher, her Supervising Faculty, and second reader will have access to the de-identified data analysis and related discussion notes. The de-identified data analysis and related discussion notes will be transferred by e-mail. Only professional e-mail accounts affiliated with Adler University will be used by the student researcher, her Supervising Faculty, or second reader to transfer data analysis and related discussion notes.

How will you maintain confidentiality concerning participants' identities and how will you communicate this to participants?

- Co-researcher identities will be protected by referring to them only by their pseudonym in any publications of the research study.
- The student researcher will encrypt the hard drive of her personal computer before recruitment begins, so that any email exchanges with prospective participants are protected. Only the student researcher will have access to her Adler e-mail account that she will use to correspond with the co-researcher.
- Co-researchers will be told what information or data will be collected and stored as well as how it will be transferred prior to signing the Informed Consent Form (Appendix K).

## **6.2 Access to Information or Data by Persons Outside of Adler University – Vancouver Campus**

Will any information collected during or raw data relating to your research study be available to persons or agencies outside of Adler University-Vancouver Campus?

- Yes

If yes, describe in detail what information or data will be available, how it will be transferred and stored, how participants' identities will be protected, and how you are communicating this to participants.

- Should a transcriptionist be hired, he or she must agree to signing the Confidentiality and Anonymity agreement. Then, the student researcher will assign the pseudonym the co-researcher chose to all data in order to protect confidentiality. Co-researchers will be notified in the informed consent form at the beginning of each interview that they will only be referred to by their pseudonym in interviews and that all their data will be labeled under that pseudonym to protect their privacy. If the hired transcriptionist is provided with data, this data will be given to them via encrypted USB.
- Audio-recordings will be transferred directly between the student researcher, transcriptionist and Supervising Faculty. During transport, the password protected USB will be kept safe in a locked pouch provided by Adler University.

### **6.3 Storage and Security of Data**

During your research, how will data be secured (original and back-ups)? Please include information on storage and deletion of participant's contact information, where applicable, as well as data collected during research.

- The student researcher will encrypt the hard drive of her personal computer before recruitment begins, so that any email exchanges with prospective participants are protected.
- During the research study, electronic data (including audio recordings, transcriptions, and analysis) will be stored on an encrypted, password protected USB. This USB will be stored in a locked filing cabinet at the student researcher's place of residence when not in immediate use. All paper copies of forms and documents (including signed consent forms, transcriptions, interview notes, data analysis, and any materials with co-researcher identifying information) will be stored in the same locked filing cabinet at the student researcher's place of residence when not in immediate use. The student researcher will be the only one who has access to the locked filing cabinet.

After research (collection, use, dissemination) has been completed, how will different forms of data (original and back-ups) be stored and how will you maintain storage security for 5 years? If data will be kept on the Web, what precautions have been taken to keep it secure?

- After research (collection, use, dissemination) has been completed, all emails and email addresses to participants will be deleted immediately after the completion of this project. For five years after the research study has been completed, electronic data (including audio recordings, transcriptions, and analysis) will be stored on an encrypted, password protected USB, which will be stored and locked in a locked filing cabinet at the student researcher's place of residence. All paper copies of forms and documents (including signed consent forms, transcriptions, data analysis, and any materials with identifying information) will be stored in the same locked storage container at the student researcher's place of residence for five years.



- After the data has been stored for five years, all electronic files will be permanently erased from the encrypted USB by the student researcher. The audio recordings will be demagnetized. Additionally, all hard copies of forms and documents will be shredded after five years by the student researcher.

#### **6.4 Future Use of Data**

- A summary of the research findings will be published in a completed thesis document. This document will be available at Adler University Campus and in the Adler library electronic database of published thesis. This completed thesis document may be published in a scholarly journal or presented at a conference to peers. The data from this study may also be used for future research conducted later in the student researcher's career, particularly for use with a doctoral level thesis project.

## **7. APPLICATION SUBMISSION**

### **7.2 Appendices**

Appendix A: Recruitment Poster  
Appendix B: Request for Recruitment Email  
Appendix C: Facebook Posting  
Appendix D: Request for Recruitment Email for Yoga Teachers  
Appendix E: Request for Recruitment Email for Yoga Studio Newsletters  
Appendix F: Research Team Confidentiality and Anonymity Agreement  
Appendix G: Initial Email Reply to Prospective Co-Researcher  
Appendix H: Post-Screening Email Replies  
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Appendix L: Purpose of the Study Script  
Appendix M: Interview Protocol, Research Interview Guide 1  
Appendix N: Research Interview Guide 2, Co-Researcher Cross-Checking  
Appendix O: Free or Low Cost Counselling Resources in Vancouver & Greater Vancouver  
Appendix P: Arranging Second Interview Email  
Appendix Q: Email of Gratitude for Participation  
Appendix R: Demographic Information Form



**Appendix A: Recruitment Poster**

**We are looking to find out what the experience of the mind-body connection is like for those who do yoga.**

**Do you do yoga?**

**Have you experienced the mind-body connection in your practice?**

**Are you willing to share about your experience?**

**To be part of this research study you must identify as a yoga practitioner. You need to be 19 years or older, and live in Canada or the United States. You need to speak and understand English. You will be asked to volunteer for a 2-hour interview and 1-hour follow-up interview in Vancouver or the Lower Mainland. If you are living elsewhere, we can do the interview over Skype or the phone.**

**Please note if you are a yoga practitioner at Shanti Yoga in Tsawwassen, BC you are not eligible to participate as the student researcher is a teacher there.**

**You will be interviewed on your experience of the mind-body connection. These interviews will be audio-recorded.**

**If you are interested in participating, please contact Rachel Weinstein at ----- for more information.**

This thesis is being done by Rachel Weinstein as part of the Master of Arts in Counselling Psychology degree at Adler University, under the supervision of Dr. Asa-Sophia Maglio, PhD RCC, Adler University

520 Seymour St. Vancouver, BC, V6B 3J5 | 236.521.2500

## Appendix B: Request for Recruitment Email

Hello [name of agency contact],

My name is Rachel Weinstein and I am a graduate student at Adler University in Vancouver, B.C. I am completing my Masters of Arts in Counselling Psychology. I am also a registered yoga teacher and practice yoga. For my degree, I am doing thesis on the lived experience of the mind-body connection in yoga practice. This study is under the supervision of Dr. Asa-Sophia Maglio, PhD, RCC. For this research, I will interview those who do yoga on their experiences of the mind-body connection in yoga practice.

I am writing to ask if you are willing to advertise for my research study at your [studio, gym, meditation center, yoga clothing store, prop store, yoga teacher training studio/center]. This would help me find participants for my study. A copy of the recruitment poster is attached in this email. If you have any questions about this research study or the research ethics board that is regulating my work, please let me know.

Thank you for your time and I look forward to hearing from you soon.

Kind Regards,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.  
Advisor: Dr. Asa-Sophia Maglio, Adler University



*The student researcher will attach Appendix A as a PDF to this email.*

## Appendix C: Facebook Posting

Hello [Vancouver, other Canadian city/town] Yogis,

My name is Rachel Weinstein and I am a graduate student at Adler University in Vancouver, B.C. I am completing my Masters of Arts in Counselling psychology. I am also a registered yoga teacher and practice yoga. As part of my degree I am doing a research study. This study is on the lived experience of the mind-body connection in yoga practice. I will interview those who do yoga on their experience of the mind-body connection for this research.

If you are a yoga practitioner and you are interested in participating in this study, please see the poster attached for more details. Please contact me in an e-mail as shown on the poster if you want to participate. Please do not like, reply directly or comment on this post, to protect your privacy. If you know others who may fit these criteria, please pass this along to them! But, instead of tagging them or commenting with their name, please send the information in a private message to protect their privacy.

Thanks!



*The student researcher will attach Appendix A as a PDF to the Facebook post.*

*\*The student researcher will also post the following at the on her own Facebook profile.*

As part of my M.A. in Counselling Psychology degree at Adler University, I am doing a thesis on the lived experience of the mind-body connection in yoga practice. This study is on the lived experience of the mind-body connection in yoga practice. I will interview yoga practitioners on their experience of the mind-body connection for this research.

If you are a yoga practitioner and you are interested in participating in this study, please see the poster attached for more details. Please contact me in an e-mail as shown on the poster if you want to participate. Please do not like, reply directly or comment on this post, to protect your privacy. If you know others who may fit these criteria, please pass this along to them! But, instead of tagging them or commenting with their name, please send the information in a private message to protect their privacy.

Thanks!



## **Appendix D: Request for Recruitment Email for Yoga Teachers**

Hello [name],

My name is Rachel Weinstein and I am a graduate student at Adler University in Vancouver, B.C. I am completing my Masters of Arts in Counselling psychology. I am also a registered yoga teacher and practice yoga. As part of my degree I am doing a thesis. This study is on the lived experience of the mind-body connection in yoga practice. I will interview those who do yoga on their experience of the mind-body connection for this research.

I am in contact with you today as you have a large following of yogis in the [Vancouver and Greater Vancouver community, other Canadian city or town/community]. I am writing to ask if you would be willing to share information about my study with your yoga community. This could be through a newsletter or e-mail that you send out, or by word of mouth. A copy of the recruitment poster is attached in this email. Please let me know if you are willing to participate in this study in this way. If you have any questions regarding the nature of this research study or the research ethics board that is regulating my work, please let me know.

Thank you for your time and I look forward to hearing from you soon.

Kind Regards,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.



*The student researcher will attach Appendix A as a PDF to this e-mail.*

## **Appendix E: Request for Recruitment Email for Yoga Studio Newsletters**

Hello [name],

My name is Rachel Weinstein and I am a graduate student at Adler University in Vancouver, B.C. I am completing my Masters of Arts in Counselling psychology. I am also a registered yoga teacher and practice yoga. As part of my degree I am doing a thesis. This study is on the lived experience of the mind-body connection in yoga practice. I will interview those who do yoga on their experience of the mind-body connection for this research.

The purpose of this e-mail is to ask if you are willing to share information about my study with your yoga community. This could be done through a newsletter or e-mail that you send to members at your studio. Please see the attached document for a copy of the recruitment poster. Please let me know if you are interested and willing to participate in this study in this way. If you have any questions regarding the nature of this research study or the ethics board that is regulating my work, please let me know.

Thank you very much for your time and I look forward to hearing from you soon.

Kind Regards,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.



*The student researcher will attach Appendix A as a PDF to this e-mail.*

## **Appendix F: Research Team Confidentiality and Anonymity Agreement**

**TITLE OF PROJECT:** *What are the shared, lived, subjective experiences of the phenomenon of the mind-body connection for yoga practitioners in yoga practice?*

**STUDENT RESEARCHER:** Rachel Weinstein, Masters of Arts in  
Counselling Psychology Student, Adler  
University

**SUPERVISING RESEARCHER:** Dr. Asa-Sophia Maglio, PhD, RCC

### **CONFIDENTIALITY AND ANONYMITY AGREEMENT**

As a part of my work with Adler University, acting as a \_\_\_\_\_, I understand my responsibilities regarding anonymity and confidentiality of any research data collected by myself or others as part of this research study.

I understand that I must maintain confidentiality regarding research participants in this research project, including what is said in interviews by participants, and to protect participant anonymity.

I understand it is permitted to generally discuss research data if there is no identifying information regarding the individual to which this data is connected to. I understand that the research procedure and findings may be discussed among other research team members who have also signed a confidentiality agreement.

**A copy of this agreement has been given to me for my records.**

---

**Name**

---

**Signature**

---

**Date**





## **Appendix G: Initial Email Reply to Prospective Co-Researcher**

Hi [name],

Thank you for taking the time to email me about my research study on the experience of the mind-body connection. My name is Rachel Weinstein and I am the primary researcher in this study. I am doing this thesis as a part of a Master of Arts in Counselling Psychology from Adler University in Vancouver, B.C.

You have reached out because you identify as a yoga practitioner. This study looks to speak with practitioners who are 19 years or older. If you are not 19 years old or older, you will not be able to participate in this research study.

To participate in this study, we ask for a commitment to an initial 2-hour interview. The types of questions that will be asked in this interview include what type of yoga do you practice, how long have you been practicing, have you experienced a mind-body connection in practice, and what was this experience like? You will also be asked to commit to a 1-hour follow-up interview. You will receive an email with the first draft of the findings, which will include descriptions and themes of the lived experience. You will be asked to review this email and provide feedback in the second interview. I will ask you questions about how accurate the findings were for you and if they fit with your lived experience. These interviews will be audio-recorded. These interviews will happen over the course of 6 months (maximum).

To participate in this study, you must be living in Canada or the United States. Interviews can be done one-on-one and face-to-face in Vancouver or the Greater Vancouver area, or by telephone or Skype if you are living elsewhere across Canada or the United States. For face-to-face interviews, interviews will take place at a time and private location that is convenient for us, in Vancouver or the Greater Vancouver area. Any parking or public transportation costs during the interview up to \$15 will be compensated by me. If the interview is to be done over Skype or the phone, I will conduct the interview from a private space with a door that can be closed for privacy. The participant will be asked to do the interview from a private location with no other individuals around, that has a door that can be closed for privacy. Please let me know if you have any questions or concerns about the requirements of the study.

If you are still interested in the study considering these details, please consider these questions. Do you feel that you can access and articulate your experience of the mind-body connection in yoga practice? And do you feel that you can communicate your lived experience in the form of an interview? If this feels like something you are capable of and willing to do, please let me know and I will follow-up with you about the next steps.

If this is not something you feel capable of and willing to do, please let me know and you will not be sent more information about participating. If I do not hear back from you after 2 weeks, I will send a follow-up e-mail.

Thank you for taking the time to contact me and I look forward to being in touch soon,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.

*If the individual meets all other inclusion criteria and then replies that they feel they ARE able to access, articulate and communicate their lived experience of the mind-body connection in yoga practice, this individual is eligible to participate in the study.*

*If the individual meets all other inclusion criteria and then replies that they feel they ARE NOT able to access, articulate and communicate their lived experience of the mind-body connection in yoga practice, this individual is not eligible to participate in the study.*



## **Appendix H: Post-Screening Email Replies**

**If the participant does not meet the inclusion criteria – reply to email with decline email as follows:**

Hello [name],

Thank you for replying to my last e-mail. You have let me know that you do not feel able or willing to be interviewed on your lived experience of the mind-body connection in yoga practice. I will not contact you further. Your time and interest in the study is appreciated and I wish you all the best.

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C

**If the participant does meet the inclusion criteria – reply to email with acceptance email as follows:**

Hello [name],

Thank you for your interest in this study and for replying to the initial email. You fit the criteria for this research study and are eligible to participate. As outlined in the previous e-mail, the total time commitment will be up to three hours over two audio-recorded interviews and will take place in a convenient location for both of us. If there are any questions or concerns regarding this, please do let me know before moving forward with the research process.

The next step in this research process is for you to review the consent form as attached in this e-mail. Please let me know any questions regarding consent. If your questions have been answered and you consent to participate in this study, please contact me via e-mail to let me know. I will ask in replying to this e-mail that you include your phone number so I can contact you to set up the first interview.

Please take time to review the consent form. If I do not hear back from you in 2 weeks, I will send a follow-up e-mail to see if you are still interested in participating. We will review the consent form together at the first interview, and you may ask any other questions at that time. If you feel comfortable proceeding, you will then sign the consent form and we will move forward with the interview. If the interview is over phone or Skype, the consent form must be signed and mailed to me using the stamped, pre-addressed envelope that I will send you. If you are planning to do the interview over Skype or the phone, please provide me with an address that I can send the pre-addressed envelope to. Please note that it is at your discretion to refuse to participate in this study.

Please let me know if you have any questions regarding this study and your potential participation.

Thank you again for your interest and time,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.



## **Appendix I: Co-Researcher Reminder Email**

Hello [name],

I have not heard back from you about potentially participating in my research study about the lived experience of the mind body connection in yoga practice. I have attached a copy of the informed consent form to this e-mail.

If you do not want to participate in this study any longer, please ignore this e-mail and I will not contact you further.

If you still want to participate, please let me know. If you have any questions about the interview process or about the consent form, please let me know. Then we can then set up a meeting for our first interview at a time and place that is convenient for both of us.

Thank you again for your time and I hope to hear from you soon.

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.



## **Appendix J: Arranging First Interview Script**

Hello [name],

This is Rachel Weinstein calling in regards to the research study on the mind-body connection in yoga practice. We have spoken over e-mail, is this a good time to discuss setting up the first meeting?

If no: When would be a better time? Thank you

If yes: Great. I am available to meet at [give many options over the course of the next 1-3 weeks]. Do any of those times work for you?

If no: Please let me know a time that will work best for you.



## **Appendix K: Informed Consent Form**

**What are the shared, lived, subjective experiences of the phenomenon of the mind-body connection for yoga practitioners in yoga practice?**

### **The Researchers**

My name is Rachel Weinstein. I am doing this research as part of my Master of Arts in Counselling Psychology degree at Adler University (Vancouver Campus).

If you have any questions about the research, please contact me or my Advisor. Please find our contact information below:

**Student & Primary Researcher:** Rachel Weinstein  
Phone: ----- Email: -----

**Faculty Advisor:** Dr. Asa-Sophia Maglio, MA, PhD, RCC.  
Vancouver Core Faculty, Adler University  
Program Director, M.A. in Counselling Psychology & Master of Counselling Psychology, Adler University  
Phone: 604-482-5518 Email: [amaglio@adler.edu](mailto:amaglio@adler.edu)

This research has been approved by the Adler University (Vancouver Campus) Research Ethics Board (REB).

### **This Research**

This research focuses on the lived experience of the mind-body connection in yoga practice for yoga practitioners. You have expressed interest in being a part of this research study. To participate in this study you must self-identify as a yoga practitioner. For the purpose of this study, a yoga practitioner is defined as someone who identifies with practicing yoga in their life. No formal training or certification is required. You must be 19 years of age or older and living in Canada or the United States. You must be able to speak and understand English. You must be willing to attend two interviews and travel to Vancouver or a surrounding area for the interview, or participate via phone or on Skype if living outside these areas. You must consent to having these interviews audio recorded. You may not participate in the study if you do not meet these criteria, or practice yoga at Shanti Yoga in Tsawwassen, BC, as the student researcher is a teacher there, and a dual relationship would exist.

You have self-identified as someone who practices yoga. We are asking you to be a part of this study because you may be able to speak about your experience of a mind-body connection in yoga practice.

As part of our research, we are asking that you participate in interviews focusing on the mind-body connection in your yoga practice. The types of questions you will be asked include:

- What type of yoga do you practice?
- How long have you been practicing?
- Have you experienced a mind-body connection in practice?
- What was this experience like?

We are also asking you questions about your age, gender, and cultural background for descriptive purposes. You do not have to answer any demographic question if you do not feel comfortable doing so. If you choose to not answer a demographic question, your data can still be included in the study.

You will be asked to spend **2 hours** in the first interview. This interview will focus on your lived experience with the mind-body connection in your practice. I will then review the transcription and audiotape to identify the overall themes that emerge from your interview and other participant interviews. These overall themes and descriptions will be sent to you via email., a **1-hour** follow-up interview will be done at a later date to ask you to comment on how well the descriptions and themes fit with your experience and understanding of this research topic. Interviews will be one-on-one, face-to-face if you are living in Vancouver or the Greater Vancouver area. Interviews can be over Skype or phone if you are across Canada or the United States. The interviews will be audio-recorded and then transcribed.

We will meet in a private place that works for both of us. Interviews may be at a private room at a library, community center, or office space, or at a private room at Adler University campus in downtown Vancouver. For interviews over Skype or the phone, I will do the interview from one of the private spaces mentioned above, or in the privacy of her own residence. You will be asked to do the interview via Skype or over the phone from a private location. This location should have no other people around and have a door that can be closed for privacy.

### **The Research is Voluntary**

You decide if you want to participate in the research. If you decide to participate, you can decide to not answer any question. You may take a break during any interview at any time. You may choose to withdraw from the research study up until one month after the first interview. If you choose to withdraw, I will destroy your data. I will delete your audio recordings and electronic files from the encrypted USB. I will destroy any paper data. There will be no consequences if you decide to withdraw from the study. You do not have to answer the demographic questions to have your data used in the study.

### **The Research is Confidential**

All information that you give us will be confidential. To protect your identity, you have the option to choose a fake name that could be used in the final product of the research study. Your information will be labeled under this fake name, and will be kept in a safe place in the researcher's home. Your real name will never be used in the findings of the study and will never be attached to your data unless you choose to use your real name. Myself, my research advisor,



and a transcriber will have access to the audio recorded interviews and transcriptions of the interviews. All the information you provide will be kept on a password protected, encrypted USB in a safe place in my home for five years. After five years, this will be destroyed with the methods described above.

Any identifiable information will be removed from the transcripts, especially with direct quotes you share. It is possible that certain things you say may allow people who know you to identify you. During the second follow-up interview, you will have the opportunity to review and edit any extended quotes (e.g. over 40 words) that I may use in my thesis.

### **Limits to What is Confidential**

**All identifying information from this study will be kept strictly confidential unless any of the following are present:**

- A) If a child or and vulnerable adult is at risk of abuse or neglect or harm.
- B) If you or another person is at clear risk of imminent harm.
- C) If I am required to comply with a legal order such as a court subpoena.

**The Results of the Research** I will publish the results of the research in my thesis. I may also write or speak about the research. Your name or any other information that might identify you will NOT be included in any writing or presentation. The data from this study may also be used for future research conducted later in the student researcher's career, particularly for use with a doctoral level thesis project.

If you want a copy of the finished thesis or a summary of the results, you can ask for them at the end of this form.

### **The Risks and Benefits of the Study**

You might feel some emotional stress when talking about an experience of the mind-body connection. If you feel too distressed you can:

- 1) Decide not to answer a question
- 2) Take a short break from answering questions
- 3) Re-schedule your interview
- 4) Withdraw from the research up to one month after the first interview

You may feel you have learned something about yourself because of answering the questions. You may gain a better understanding of the role that the mind-body connection has in your yoga practice.

If there are any concerns about your treatment in the study, you may contact the chair of the Research Ethics Board:

REB Chair: Debbie Clelland PhD (604) 699.3570  
E-mail: dclelland@adler.edu

### **Consent for this Research**

- I understand that participation in this study is my choice and that I can say no to participating or withdraw entirely from the study up to one month after the first interview.
- I know I can chose to not answer any question in an interview.
- I know that my real name will not be used if I chose not to use my real name and use a fake name instead.
- I know I can ask that all my information be removed up to one month after the first interview.
- I know that direct quotes may be used in the research results. I will have an opportunity to review these quotes and ask for information to be changed or removed.
- I know that direct quotations may be included in the research description and results that comes from this research. I understand that any identifiable information will be removed from the quotations.
- I further know that if extended quotes (of 40 words or more) are used, I will have an opportunity to review these quotes and agree to their inclusion. I know I can ask that particular information be changed or removed.
- I know that I have not given up any legal rights concerning this research even though I have signed this form.
- I have read this consent form and have asked any questions.
- I consent to have my interview audio-recorded and transcribed.
- I am giving my consent to participate in this research study.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Name (Print)

\_\_\_\_\_  
Participant Email

\_\_\_\_\_  
Participant Phone Number

\_\_\_\_\_  
Student Researcher Signature

\_\_\_\_\_  
Student Researcher Name (Print)

I consent to receiving a summary of the results of this research via e-mail: ☐ Yes ☐ No

I would like to receive a copy of the completed thesis document via e-mail: ☐ Yes ☐ No

E-mail address: \_\_\_\_\_

You will receive a copy of the consent form.

**Adler University, 520 Seymour St. Vancouver, BC, V6B 3J5 | 236.521.2500**

### **Appendix L: Purpose of the Study Script**

Script: Before we begin the interview starts, I will take a moment to remind you of the purpose of this study. This study looks to investigate and understand the subjective lived experience of the mind-body connection in yoga practice for those who do yoga. This research hopes to add to our understanding of the mind-body connection from the perspective of the practitioner and his or her embodied experience. Before we begin with the interview, are there any questions you have regarding the interview process or any questions about the research study?

Checklist:

- ☐ Review Informed Consent Form (Appendix K) in detail with co-researcher.
- ☐ Address all concerns and questions.
- ☐ Remind the co-researcher that they can chose to stop the interview at any time and take a break, can stop it all together and reschedule, or can withdraw from participating in the study up to one month after the first interview.
- ☐ Once the co-researcher consents to participate in the research study, he or she will sign the Informed Consent Form.
- ☐ If the interview is over Skype or the phone, confirm the co-researcher should have already mailed the signed informed consent to the student researcher as requested, and if not he or she will be reminded to do so at this time.

Proceed with Appendix M, Interview Protocol.

## **Appendix M: Interview Protocol**

### **Research Interview Guide 1 (First Interview Guide)**

Pseudonym: \_\_\_\_\_

Date: \_\_\_\_\_

Interview Start Time: \_\_\_\_\_

Interview End Time: \_\_\_\_\_

*This interview protocol will evolve to aid the co-researchers in telling their lived experience with the mind-body connection.*

*Address any questions about the study in general. Then begin with Interview Protocol as follows:*

#### **1. Contextual Questions**

- a) To begin, could you please explain why you wanted to be a part of this research study?
- b) How often do you engage in one or more components of your yoga practice?
- c) For how many years have you been engaging with your practice of yoga?
- d) Have you completed one or more yoga teacher training programs? If so, please specify with what school and if it was a 200, 300 or 500-hour training.
- e) Have you studied the *Yoga Sūtras* or the *Bhagavad-Gītā*?
- f) Could you give me a description of what your yoga practice consists of? (Thematic Analysis (TA))
- g) Before moving onto the essence questions, is there anything you would like to add about your yoga practice that I should know about? (TA)
- h) What influenced you to begin practicing yoga? (TA)
- i) What has influenced you to maintain your yoga practice? (TA)
- j) What is the overall role of yoga in your life? (TA)

#### **2. Definition Question**

- a) If you had to describe the mind-body connection in your practice to another person, what would you say?
- b) Based on your lived experience of the mind-body connection in practice, how would you define this to someone?

#### **3. Orientation Questions**

- a) Can you please describe as detailed as possible a situation in which you experienced the mind-body connection in your yoga?
  - i. Probe: What was that experience like for you?
  - ii. Probe: What sort of changes or shifts did you notice as a result of this experience, physically, mentally, emotionally, spiritually?

#### **4. Essence Questions**

(summarize information as communicated thus far)

- a) What was this experience like for you?
- b) How do you come to an understanding of this experience?
- c) What changes or shifts in your body and mind did you notice after this experience?

- i. Probe: What feelings were generated by the experience of a mind-body connection?
  - ii. What bodily sensations were you aware of at the time of this experience? (Moustakas, 1994)
  - d) What thoughts were you aware of while experiencing the mind-body connection?
  - e) How was this different than what you have experienced before in your practice?
  - f) What changes do you associate with the experience? For your practice? In your life?
  - g) Did experiencing the mind body connection change your yoga practice in any way? How so?
    - i. Probe: How did this experience impact your yoga practice?
    - ii. Probe: Did you notice any shifts in your yoga practice after experiencing this?
  - h) How did this experience impact your life in general?
  - i) How did the experience affect significant others in your life?
  - j) Where does the knowledge of the mind-body connection live in you?
- Is there anything you would like to speak to that I haven't asked that feels significant to your experience?

## 5. Demographic Questions

*The co-researcher will be asked to fill out the Demographic Information Form (Appendix R) for descriptive purposes. The co-researcher does not have to fill out the form if they are uncomfortable doing so.*

## 6. Probes

- a) Did you ever use the breath as a tool in your yoga practice?
    - i. Did you ever use the breath to foster a mind-body connection?
  - b) Did you ever have an experience while meditating where it felt that your mind and body were connected?
  - c) Did you ever have an experience of 'union' or 'yoking' while practicing?
- To be used after any question:
- a) Can you tell me more about that?
  - b) What was that experience like for you?
  - c) How did that impact your practice?
  - d) How did that impact you?

Remind co-researcher about second interview

Preference for 2nd interview: \_\_\_\_\_ In-person \_\_\_\_\_ Phone

Dates: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

## Appendix N: Research Interview Guide 2

### Second Interview Guide: Co-Researcher Cross-Checking

Pseudonym: \_\_\_\_\_

Date: \_\_\_\_\_

Interview Start Time: \_\_\_\_\_

Interview End Time: \_\_\_\_\_

#### *Review Informed Consent Form (Appendix K)*

Script: As I mentioned in the first interview, I asked co-researchers to look at my research findings from this study and to provide feedback. I have some questions for you regarding my interpretation and analysis of the data.

- a) First, I would like to know what you thought of the research findings and if you have any general comments or concerns.
- b) Were the findings accurate in terms of your experience of the mind-body connection?
  - i. If it was not accurate, please describe in which ways this could be improved.
- c) Do the findings of the study represent your experience?
  - i. If it was not accurate, please describe in which ways this could be improved.
- d) Do the themes that I identified feel consistent with your experience of the mind-body connection?
  - i. If not – how could they be changed so that they better represent your experience?
- e) Is the description complete and realistic (Creswell, 2015)?
- f) Are the themes presented accurate to include in the final report (Creswell, 2015)?
- g) Do the findings of the study feel that they fit your experience? If they do not, please explain.
- h) Is there anything that feels missing from the findings?

#### Part 2: Extended Direct Quotes: Review, Consent and Modification if Necessary

- 1) I am considering using this direct quote from your interview in the final document, which will be published. Here is the quote I would like to include: <read quote aloud to participant>. I want to include this quote because of the insight it offers into the subject under study. I am wondering if you think there is anything in this quote that might allow some people to easily identify you. I am wondering if you would prefer that I omit this quote from the final document; or, if you would like to edit it so that it is less potentially identifying, or if it is okay to include it as is?
  - a. \* If participant wishes quote to be taken out entirely\*, the student researcher will respond saying, “I will then omit this direct quote from study.”
  - b. \*If participant wishes to edit quote\*, the student researcher will respond saying, “how would you like it to be phrased?”
  - c. \*If participant consents to including quotation\*, the student researcher will respond saying, “thank you, I will include this quote in the final document as is.”

## **Appendix O: Free or Low Cost Counselling Resources in Vancouver & Greater Vancouver**

### **Family Services of Greater Vancouver, Counselling Program - 604-874-2938**

[www.fsgv.ca/find-the-support-you-need/counselling/](http://www.fsgv.ca/find-the-support-you-need/counselling/)

Counselling fees based on household income. Master's-level therapists. Program has a dedicated intake worker who can also refer to other counselling services or groups. Offices in Vancouver, Richmond, Burnaby, New Westminster and Surrey.

### **Family Services of the North Shore - 604-988-5281 <http://www.familyservices.bc.ca>**

Professional counselling for residents of the North Shore. Sliding Scale.

### **Oak Counselling - 604-266-5611**

<http://oakcounselling.org/>

Reduced fee. Secular counselling services provided at the Vancouver Unitarian Centre by supervised volunteers with Master's degrees in psychology or psychology-related fields. Individual, couples and family counselling.

### **Adler Centre - Counselling Clinic - 604-742-1818 <http://www.adlercentre.ca/clinic.html>**

Sliding scale individual and couples counselling. Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician.

### **Scarfe Counselling - UBC - 604-827-1523 <http://ecps.educ.ubc.ca/cnps/scarfe-counselling-clinic>**

Free. Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April.

### **UBC Psychology Clinic - 604-822-3005**

<http://clinic.psych.ubc.ca/>

Counselling services provided by doctoral student interns, supervised by registered psychologists. \$10-\$40 per hour.

### **New Westminster UBC Counselling Centre - 604-525-6651 <http://ecps.educ.ubc.ca/clinical-instructional-resources/new-westminster-ubc-counselling-centre/>**

Free counselling for the general public by counselling psychology graduate students, supervised by a psychologist.

### **Simon Fraser University - Counselling Clinics**

**Surrey Clinic - 604-587-7320 - <http://www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html>**





**Burnaby Clinical Psychology Centre**- 778-782-4720 - <https://www.sfu.ca/psychology/clinical-psychology-centre.html>

Counselling for adults, children and youth provided by supervised graduate students in counselling psychology. Services at the Surrey clinic are free and at the Burnaby clinic are offered on a sliding scale.

**Vancouver Coastal Mental Health - Vancouver Hospital** - 604-875-4794

<http://psychiatry.vch.ca/opt.htm>

Group therapy for depression, anxiety, stress. Individual mental health assessments. Referral through your family doctor, or via a walk-in clinic.

**Catholic Family Services** - 604-443-3220

[http://www.rcav.org/olmf/Office\\_of\\_Life\\_Marriage\\_and\\_Family\\_Counselling/](http://www.rcav.org/olmf/Office_of_Life_Marriage_and_Family_Counselling/)

Individual, couple and family counselling available to Catholic and non-Catholic families. Sliding scale. Offices in Vancouver and Surrey.

**Jewish Family Services** - 604-637-3309

<http://jfsa.ca/counselling/>

Sliding scale counselling to the Jewish and non-Jewish community.

**ProChoices Community Therapy Clinic** <http://prochoices.ca>

By-donation (\$20.00 min) feminist counselling services provided by supervised master's-level and intern narrative therapists.

**Moving Forward Family Services** - 778-321-3054 <https://movingforwardfamilyservices.com>

Pay-by-donation counselling for individuals and families. Offices in Surrey and South Vancouver. Graduate-level counsellors and counselling interns.

**Qmunity - Free Counselling Program** - 604-684-5307 <http://www.qmunity.ca/older-adults/resources/counselling/>

Counselling for members of the LGBTQ communities.



## Appendix P: Arranging Second Interview Email

Hi [name],

I hope you are doing well. I have completed analyzing the interviews from my research study and have the first draft of the findings ready. I am writing to schedule a follow-up interview to review the descriptions and themes of the lived experience of the mind-body connection. In this interview, I will ask you questions about how accurate the descriptions are, and if they fit with your experience. There will also be a chance to review any extended direct quotes (40 words+) that I may include in the final write up. I have attached in this email a copy of the findings for you to review.

I am wondering when would be a good time for us to meet for this second interview? I will remind you that this interview will be up to **1 hour**, and we will meet in a private place that is convenient for both of us. Please let me know by email a time that would be best for you in the next couple weeks.

Thank you for your time,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.

*If the interview is to be done over the phone or over Skype:*

Hi [name],

I hope you are doing well. I have completed analyzing the interviews from my research study and have the first draft of the findings ready. At the end of our first interview, you said that you would be willing to participate in a second, follow-up interview to review the descriptions and themes of the lived experience of the mind-body connection. In this interview, I will ask you questions about how accurate the descriptions are, and if they fit with your experience. There will also be a chance to review any extended direct quotes (40 words+) that I may include in the final write up. I have attached in this email a copy of the findings for you to review.

I am wondering when would be a good time for us to complete this second? I will remind you that this interview will be up to **1 hour**, and I will ask that you do this interview from a private place with a door that can be closed to protect your privacy. Please let me know by email a time that would be best for you in the next couple weeks.

Thank you for your time,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.

*\*A copy of the first draft of the study's findings will be attached to this email. These findings will include overall textural-structural descriptions and emergent themes of the lived experience of this research topic.*

## **Appendix Q: E-mail of Gratitude for Participation**

Hello [name],

I would like to take this opportunity to thank you for your participation in this research study. Thank you very much for taking the time and effort to participate in the interviews. Your help in this research study has helped me to complete my thesis, for which I am very grateful. I have really enjoyed working with you in this process. I hope that you were able to gain some new knowledge about the role of the mind-body connection in your practice. I wish you all the best in your future practice.

Kind Regards,

Rachel Weinstein  
M.A. in Counselling Psychology Student  
Adler University, Vancouver, B.C.





## Appendix R: Demographic Information Form

Gender: \_\_\_\_\_

Age: \_\_\_\_\_

Number of years or months of practicing yoga: \_\_\_\_\_

Cultural or Religious affiliation:

- ☐ Agnostic
- ☐ Atheist
- ☐ Buddhist
- ☐ Christian
- ☐ Hindu
- ☐ Jain
- ☐ Jewish
- ☐ Muslim
- ☐ Sikh
- ☐ Taoist
- ☐ Other: \_\_\_\_\_

Types of Yoga Practiced (please identify if one is a primary type of yoga practiced with the use of an \* next to the type of yoga:

- ☐ Hatha
- ☐ Iyengar
- ☐ Ashtanga
- ☐ Jivamukti
- ☐ Kripalu
- ☐ Kundalini
- ☐ Restorative
- ☐ Yin
- ☐ Vinyasa
- ☐ Power
- ☐ Bikram
- ☐ Other: \_\_\_\_\_

