Put your mindfulness practice & skills to use to help advance science!

We are recruiting individuals that have a current and consistent mindfulness practice to participate in a Mindfulness Ecological Momentary Assessment (MEMA) study on the role of mindfulness in daily-life contexts.

Must be age ≥18 and a Native English speaker

In this study, you will complete...
1) One-minute smartphone surveys delivered 3 times/day at random times between 9 a.m. and 9 p.m. for 4 weeks.
2) One-hour questionnaires and computer tasks before and after the 4-week smartphone-survey period (completed on your personal computer/laptop).

You will receive compensation up to $70

Scan QR code here for more information and to determine eligibility for the study.