



Department of Psychological  
and Brain Sciences

&



Transdisciplinary WASHU  
Mindfulness Cluster

**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  $\geq 18$  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