



Psychological & Brain
Sciences Department



Washington
University in St. Louis
ARTS & SCIENCES



Incubator for Transdisciplinary Futures
Mindfulness Science & Practice Cluster

USE YOUR MINDFULNESS SKILLS & PRACTICE 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

Eligibility Criteria: Age 18+ and a native English speaker

PARTICIPATION INCLUDES:

- Three daily 1-minute smartphone surveys for 4 weeks
- Two 1-hour sessions with questionnaires & computer tasks completed before and after the 4-week smartphone-surveys (completed remotely on your personal computer/laptop)
- Compensation up to \$70

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

