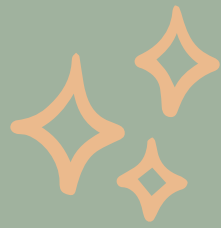




# UCLA

## Mindfulness Research Study:

# KIND MINDS



EMAIL: [kindmindsprogram@gmail.com](mailto:kindmindsprogram@gmail.com)

PHONE: (call or text): (657) 234-8579

We are recruiting **teens ages 12-17** & their **parent/caregiver** to participate in a **mindfulness research study**



### WHAT IS MINDFULNESS?



**Mindfulness** is practicing being more aware of yourself, your thoughts & feelings, & your surroundings without being judgmental



**Mindfulness may help people in different ways:** some teens who practice mindfulness find that it helps them handle stress more calmly, focus better, or even sleep better



### WHAT IS THE KIND MINDS PROGRAM (KMP)?

KMP is study to test the effects of a **mindfulness program on improving overall well-being & resilience in teens** who may be experiencing **anxiety and/or depression**



Teens & parents may earn up to **\$110 each** in gift cards for their full participation in all study assessments

### A NOTE FOR PARENTS:



For teen participation, a parent/caregiver must be eligible to participate & try the mindfulness program



Parents/caregivers randomly split into 1 of 2 groups: 1 group will participate in the same mindfulness program as their teen, & the other group will not



### KMP TIMELINE

Zoom surveys & Interviews



Match with Mindfulness Coach

9 weeks - 30 min Zoom Mindfulness Coaching Sessions



### CLICK HERE TO SIGN UP!



Fill out the confidential contact form & our team will contact you with more info on the study & your consent

