

PARTICIPATE IN AN 8-WEEK FOCUS TRAINING AND RELAXATION WITH COGNITIVE TESTING

CAN I PARTICIPATE?

YES, IF YOU...

- Are ages 19 or older
- Are not pregnant
- Have no diagnosis of color blindness
- Have no history or diagnosis of mental health disorders
- Don't currently use anti-depressants
- Don't use medication for mental health issues
- Have no history of suicide attempts or suicidal thoughts
- Have no regular formal meditative practice

WHERE IS THIS STUDY CONDUCTED?

- The 2 in-person sessions can take place at either Center for BrainHealth (2200 W. Mockingbird Ln. Dallas 75235) or at UT Dallas (800 N. Campbell Rd. Richardson 75080)

HOW CAN I PARTICIPATE?

- Email us at mindfulness.npr@utdallas.edu

WHAT WILL I BE DOING?

- 2 in-person sessions (includes cognitive testing)
- 8 weeks of online focus / relaxation training

WILL I BE COMPENSATED?

- Yes: you can receive up to \$100 as a gift card. UTD students may elect to receive SONA credits (up to 4) instead; SONA credits cannot be combined with monetary compensation.



Scan the QR code to learn more