

In conjunction with either the MBSR course that starts with orientation on Tuesday, Jan 28, or the MBSR course that starts with orientation on Saturday, Feb 1, 2025, if you currently reside in the United States or Canada, you have the additional opportunity to participate in an independent research study. The study is being conducted by Dr. Clifford Saron and his colleagues at the Center for Mind and Brain at the University of California, Davis. They are investigating the effects of mindfulness-based training on reactions to social and emotional scenes and situations, and on interpersonal experiences in daily life.

If you choose to participate, you will be asked to complete 3 assessments and would be compensated up to \$260 for your time. The 3 assessments would be completed from your own home and would take place during the week before your course begins, during the week after your course ends, and 8 weeks after your course ends. Participation in this research is entirely optional and is not part of the training you will receive in your class. If you are interested in learning more about the study, please follow this [link](#) to see if you are eligible to participate.

**IMPORTANT:** The first assessment takes place over 2-3 days and must be completed **before** your first class. If you are interested in participating, be sure to fill out the screener **a minimum of 5 days** before the first class to allow sufficient time for participation.

Thank you for your interest and consideration!

If the embedded link gives you a problem, use the QR code or fill out the Study Eligibility Questionnaire here: [https://ucdavis.co1.qualtrics.com/jfe/form/SV\\_9n5iYy17KqZFf3E](https://ucdavis.co1.qualtrics.com/jfe/form/SV_9n5iYy17KqZFf3E)

