



Can you help with some mindfulness research?

There's a lot of buzz, but can you tell if someone is mindful or not?

You are invited to help test a new questionnaire for use in mindfulness research

The Observed Mindfulness Measure (OMM)
Researchers at the University of Tasmania and Monash University are Recruiting Participant-Observer Pairs to answer some survey questions about thinking, emotions and how people behave and make decisions.

When you enter the OMM survey as a Participant, you will be asked to provide the first name and email address of your Observer. An email invitation to join the study will be sent to your nominated Observer.

For more information please contact the study team: phone **(03) 6226 4723** or send an email to **mindfulness.study@utas.edu.au**



STEP 1

Read the study information pack



STEP 2

Invite someone to be your observer



STEP 3

Register to join the study



STEP 4

Complete the surveys



Visit bit.ly/3MPXYjC or scan the QR code to get started



There is no requirement that you enroll after reading the study information; and you can withdraw at any time without consequences. The Development and Validation of the Observed Mindfulness Measure (Phase 2) is possible through the generous support of the Centre for Consciousness and Contemplative Studies at Monash University. This study has been approved by the University of Tasmania Human Research Ethics Committee (HREC). If you have concerns or complaints about the conduct of this study, you can contact the Executive Officer of the HREC on +61 3 6226 6254 or email human.ethics@utas.edu.au. The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote H0028461.