

MINDFULNESS RESEARCH



The research aims to examine the effectiveness of two mindfulness programmes, **MindCAN** and **Palouse Mindfulness**, which offer strategies to manage stress and emotions. We are recruiting volunteers to participate in this research.

Examples of mindfulness programmes are listed below:

1. Mindful management of your stress
2. Mindful body and sensation
3. Mindful emotions: Calmness and composure
4. Mindfulness: The powerful mind
5. Mindfulness communications
6. Loving Kindness/Compassion
7. Mindful Living: Building your mindful life style
8. The consolidated mindfulness practice



You will be eligible for this research if you are an adult age 21 – 65 years who had cancer stage 0- III and completed all primary cancer treatments (except hormonal therapy) between 2 weeks to 2 years.

Participants will be randomly assigned into three groups. Two groups will attend eight-weekly mindfulness interventions and provide information (via questionnaire and focus group interview). Participants in a control group will only provide information during the period of data collection. An honorarium will be provided for all participants.

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Procedure

If you agree to take part in this study and you are randomly assigned to the **MindCAN group** or the **Palouse Mindfulness**, you will be asked to:

	Procedure	Duration (minutes)
1.	Attend the programme session week 1 – 8 (90 mins each week) via face-to-face or real-time zoom platform.	720
2.	Complete self-reported questionnaire (Time 1, week 1, before intervention session 1)	15-30
3	Complete self-reported questionnaire (Time 2, week 4, end of intervention session 4)	15-30
4	Complete self-reported questionnaire (Time 3, week 8, end of intervention session 8)	15-30
5	Focus-group interview (audio-recorded) (week 8, end of intervention session 8)	60
6	Measure skin temperature, heart rate, oxygen saturation and perceived relaxation twice weekly (Week 1- 8, before and after each intervention session) (16 times, 5 minutes each)	80
	Total Involvement in minutes	905-950

Note: Total involvement in hours: 15 hrs 5 mins - 15 hrs 50 mins

If you are randomly assigned to **the control group**, you will be asked to:

	Procedure	Duration (minutes)
1	Complete self-reported questionnaire (Time 1, week 1)	15-30
2	Complete self-reported questionnaire (Time 2, week 4)	15-30
3	Complete self-reported questionnaire (Time 3, week 8)	15-30
4	Measure skin temperature, heart rate, oxygen saturation and perceived relaxations (Week 1- 8, twice weekly on the same day of the week, 90 minutes apart between the first and second measurement) (16 times, 5 minutes each) Interval time between the two assessments (90 minutes each week, for 8 weeks). While waiting for the second measurement each week, you may sit quietly or do any activity in the provided room at NUS/NUH. Alternatively, you may go out/ perform other activities and come back for the second measurement 90 minutes later.	800
	Total Involvement in minutes	845-890

Note:

- 1) Total involvement in hours:** 14 hrs 05 mins – 14 hrs 50 mins
- 2)** Participants in the control group may request to attend either MindCAN programme or Palouse Mindfulness after all interventions and data collections in other groups are completed.
- 3)** The programmes will be provided to you at no cost, and your participation in the programmes will not be part of the research study.