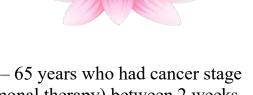
## MINDFULNESS RESEARCH



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.

For more information, contact:

**Dr. Piyanee Yobas** HP: 9785-2344 Email: <a href="mailto:nurpk@nus.edu.sg">nurpk@nus.edu.sg</a> **Ms. Konokwan Hounsri** HP: 8785-9601 Email: <a href="mailto:e0948410@u.nus.edu">e0948410@u.nus.edu</a>

## **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.