



Meditation During the COVID-19 Pandemic Research Study

Do you want to help alleviate suffering during the COVID-19 Pandemic?

Do you meditate or use other practices (e.g., prayer, yoga)?

If **YES**, we are interested in hearing about your experience!

We want to better understand how meditation and other practices are being used to help people like you cope with the many challenges we are all facing during the COVID-19 Pandemic.

We are asking you to complete an online survey on your meditation practice, general psychological wellbeing, and similar experiences.

The survey will take about 30-45 minutes to complete.

We hope that you will feel a sense of agency in helping us learn how people like you are dealing with the COVID-19 crisis!!

You will also have a chance to enter a raffle to win one of two \$50, or one of five \$20 gift cards!

**Please join us in our efforts to alleviate human suffering!
Thank you!!**

You can find the survey by following this link:

https://albany.az1.qualtrics.com/jfe/form/SV_22YcocMoPutPslD

Or email us for the link: contactADRP@albany.edu

Visit our lab website: www.adrpalbany.com

Note: The Principle Investigator, Eric Tiffit, M.A., is a graduate student in the Anxiety Disorders Research Program at the University at Albany, SUNY. This research is being conducted under the supervision of a faculty advisor, Dr. John Forsyth, forsyth@albany.edu.



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