



**There's a lot of buzz ...
But can YOU tell if someone is mindful or not?**

STUDY INFORMATION PACK

**DEVELOPMENT AND REFINEMENT OF THE OBSERVED MINDFULNESS MEASURE
(Phase 2:2023)**

In this study we are recruiting Participant-Observer dyads, or pairs, to answer some survey questions and help us make sure the Observed Mindfulness Measure (OMM) works as it should. One member of each dyad will act as a "Participant", the other member of the pair will be the participant's "Observer".

Contents:

1. Study information sheet describing what is involved for Participants.
2. Study information sheet for Observers who have been nominated by a Participant.

THANK YOU FOR YOUR HELP!

This is phase 2 of the OMM Project. It follows phase 1, which was conducted in 2017-18.

Development and Refinement of the Observed Mindfulness Measure (Phase 2)

STUDY INFORMATION SHEET - FOR OMM STUDY PARTICIPANTS -

1. What is the purpose of this study?

The aim of this study is to develop and refine a new measure for mindfulness research, the Observed Mindfulness Measure (OMM). There is no mindfulness training provided in this study.

We designed the OMM because we want to understand if mindfulness is a quality that is noticeable to others, and whether there are any observable changes in behaviours following mindfulness training.

The study team is recruiting Participant-Observer Pairs to test the characteristics of the OMM.

One member of the pair will act as a “Participant”, the other member of the pair will be the participant’s “Observer”. This information sheet is for the Participants.

Participants are asked to do a 20-minute online survey that asks about your thinking, emotions and behaviours. **Observers are trusted colleagues, family members or friends who know their paired participant well, and who are prepared to act as their observer in this study.** Observers are asked to answer some questions about their interactions with their paired participants. It is ok, but not necessary, for participants and/or observers to have mindfulness experience. Participants will also be invited to do a brief online test that measures attentional abilities.

2. Why have I been invited to participate?

Anybody who is over 18 years old, is fluent in English language and has an interest in participating in mindfulness research is invited to join this research.

3. What is involved?

Being a participant in this study involves you **inviting someone to be your paired observer and each of you answering some online survey questions.** Your observer should also be over 18 years old and fluent in the English language. Your survey should take about 20 minutes, and your observer’s survey less than 10 minutes.

On the study registration page you will be asked to give the name and email address of your paired observer. An email invitation to join the study will then be sent to your observer automatically, with a link to their survey. You will also have the opportunity to do some online tasks that measure different types of attention. If you elect to be involved in this aspect of the study, you will receive an email with instructions after you have finished your surveys.

4. How do I join in?

Access the survey via [this link](#) or use this QR code >>

When you begin you will be asked your name, email, and the name and email of your observer.

Please invite your observer to join the study as your pair **before** you enter their details. You can use this information pack to explain what the research is for and what is involved for them.



5. The study team

This study is being led by Dr Larissa Bartlett of the Wicking Dementia Research and Education Centre at the University of Tasmania and Associate Professor Amanda Neil at the Menzies Institute for Medical Research, University of Tasmania. Dr Bartlett and Rohan Puri, PhD Candidate in the School of Psychological Sciences, University of Tasmania, will conduct analyses. The study design, data collection, analysis and results will be conducted in collaboration with Professor Craig Hassed and Professor Jakob Hohwy of the Centre for Consciousness and Contemplative Studies at Monash University.

6. Is participation voluntary?

Participation is voluntary, and there will be no consequences to you if you decide not to participate. If you decide to discontinue participation at any time, you may do so without explanation. As data is stored de-identified, we will not be able to exclude any data you have provided from analysis.

7. What about my privacy?

This is a **confidential survey**, conducted in accordance with relevant privacy legislation and with approval from the University of Tasmania's Human Research Ethics Committee. All of the data you provide will be kept in password protected computer files stored on secure servers. Your contact details will be stored separately and will not be included with your survey responses when they are downloaded for analyses. The link between participant and observer will be by a unique code, and reports will not be presented in any way that can identify either of you. **The person you are paired with will not be provided any information about your participation or your survey responses.** Only authorized research team members have access to survey data, which will be de-identified. Study results will be used in academic publications such as conference reports and journal articles. It will not be possible to identify individuals in any of these materials.

8. Are there any possible benefits from participation in this study?

Your participation will help contribute to the development of the OMM, which will contribute to the body of knowledge about mindfulness and its social effects. You may not personally receive any benefits from participating in this research study.

9. Are there any possible risks from participation in this study?

There are no foreseeable risks from your participation.

10. What if I have questions about this research?

If you would like to discuss any aspect of this study please feel free to contact a member of the research team using the contact details below. This study has been approved by the Tasmanian Human Research Ethics Committee (HREC). If you have concerns or complaints about the conduct of this study, please contact the Executive Officer of the HREC (Tasmania) Network on (03) 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 Reference: H0028461.

By completing the online surveys I am voluntarily consenting to the following:

- 1) I understand that the purpose of this research project is to develop a valid and reliable assessment questionnaire, and that my involvement may not be of any direct benefit to me.
- 2) I am informed that no information that I provide will be released beyond the research team and my identity will not be revealed in the results or publications arising from the research.
- 3) I understand that I am free to withdraw from the project at any stage.

- 4) I have read this participant information sheet and I am not giving up my legal rights by completing the surveys.
- 5) I understand that all research data will be securely stored on the University of Tasmania premises for five years from the publication of the study results, and will then be destroyed.
- 6) I understand that the study will be conducted in accordance with the latest versions of the National Statement on Ethical Conduct in Human Research 2007 (updated 2018) and applicable privacy laws.

If you wish to contact the study team, please email us at:

mindfulness.study@utas.edu.au

This sheet is for you to keep

Development and Refinement of the Observed Mindfulness Measure (Phase 2)

STUDY INFORMATION SHEET

- FOR OBSERVERS -

OF PARTICIPANTS IN THE OMM STUDY

1. What is the purpose of this study?

The aim of this study is to develop and refine a new measure for mindfulness research, the Observed Mindfulness Measure (OMM).

We designed the OMM because we want to understand if mindfulness is a quality that is noticeable to others, and whether there are any observable changes in behaviour following mindfulness training.

The study team is recruiting Participant-Observer Pairs to test the characteristics of the OMM.

One member of the pair will act as a “Participant”, the other member of the pair will be the participant’s “Observer”. This information sheet is for the Observers.

Participants are asked to do a 20-minute online survey that asks about their thinking, emotions and behaviours. ***Observers*** are trusted colleagues, family members or friends who interact regularly with the participants. Observers are asked to answer some questions about their interactions with the participants. It is ok, but not necessary, for participants and/or observers to have mindfulness experience.

2. Why have I been invited to join this study?

Somebody has registered for this study as a participant, and invited you to be his or her observer.

3. What is involved?

Being an observer in this study involves completing a brief questionnaire about yourself and providing ***some observations about your paired participant*** in a ***ten-minute online survey***. In addition to the survey, you will have the opportunity to do some online tasks that measure different types of attention. If you elect to be involved in this aspect of the study you will receive an email the day after you have finished your surveys.

4. How do I join in?

Give your permission for your paired participant to nominate you as their observer, and to enter your first name and email address when they register for the study.

You will then receive an email from us with a link to your online survey and further instructions.

If you would like more information, please feel free to contact the study team directly.

mindfulness.study@utas.edu.au

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6. Is participation voluntary?

Participation is voluntary, and there will be no consequences to you if you decide not to participate. If you decide to discontinue participation at any time, you may do so without explanation. As data is stored de-identified, we will not be able to exclude any data you have provided from analysis.

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