



Stress Free UC Study

PARTICIPANT ORIENTATION

Who we are

- ▶ The Stress Free UC study is a multi-site study with partners at UCSF, UC Merced, UC Irvine, UC Riverside and UCLA
- ▶ We are funded primarily by the Healthy Campus Network, part of the UC Office of the President
- ▶ Visit us at StressFreeUC.org!

UCSF

Ucla

UNIVERSITY OF CALIFORNIA
UC RIVERSIDE

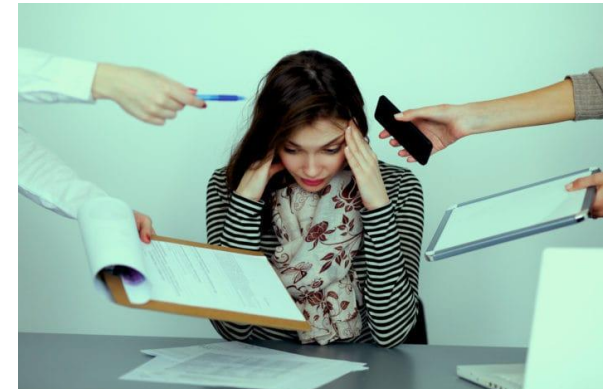
— UNIVERSITY OF CALIFORNIA —
UC MERCED



UCI IRVINE

Stress at the University of California

- ▶ Stress in the workplace is one of the largest problems faced by UC employees
- ▶ Work stress is becoming a larger issue that can greatly affect health, wellbeing and can seep in to many aspects of your life
- ▶ As stress researchers, we have the tools to address this problem!



What can be done?

- ▶ We often can't change our situation or environment easily, but we can change the way that we react to stressors and learn to manage negative emotions
- ▶ **Mindfulness** as a potential solution:
 - ▶ Mindfulness is the practice of turning your attention inward and focusing on your mind and body in a non-judgmental manner
 - ▶ Develop a sense of acceptance and appreciation for whatever may arise in your life
 - ▶ Research shows it is effective in lowering stress, and improving psychological wellbeing
 - ▶ We want to test whether 10 minutes a day of mindfulness, delivered digitally, can be part of the solution!



What is Headspace?

- ▶ Headspace is a popular mindfulness application and website that is used by over 6 million people
- ▶ It offers many different “packs” that teach beginners how to meditate
- ▶ It’s easy! Just download and use for only 10 minutes a day
- ▶ As part of this study, participants get a FREE one-year subscription normally valued at \$150



What we expect from you

- ▶ A time commitment of up to one year
- ▶ A willingness to spend 10 minutes a day practicing mindfulness for 8-weeks
- ▶ Complete surveys at several points during the study:
 - ▶ At the beginning (Baseline; takes about 20 minutes)
 - ▶ 4 weeks later (takes about 5-10 minutes)
 - ▶ 8 weeks: Follow up Questionnaire (20 minutes)
 - ▶ 4 months: Second Follow up Questionnaire (5-10 minutes)
 - ▶ 1 year: Final Follow up Questionnaire (5-10 minutes)- Intervention group only

What you can expect from us

- ▶ Participant Bill of Rights:
 - ▶ <http://irb.ucsf.edu/sites/hrpp.ucsf.edu/files/English-bill-of-rights.pdf>
- ▶ We will make all efforts to keep the burden as low as possible
- ▶ We will only ask for information we need for analyses
- ▶ We will keep you updated of changes that happen to this study

Intervention vs. Waitlist

The group you are in will be chosen at random. You may be in one of two conditions:

Intervention Group

- ▶ Download and use the Headspace app
- ▶ Meditate 10 minutes per day
- ▶ Basics pack, then Stress pack
- ▶ Will complete surveys:
 - ▶ Baseline
 - ▶ Midway (week 4)
 - ▶ 8-week Follow up
 - ▶ 4-month Follow up
 - ▶ One year Follow up

Waitlist Control Group

- ▶ Do not meditate or use Headspace for the first 4 months
 - ▶ Will complete surveys:
 - ▶ Baseline
 - ▶ Midway (week 4)
 - ▶ 8-week Follow up
 - ▶ 4-month follow up
- After 4 months, you will get a one-year subscription to Headspace!

Timeline

| Group (randomly assigned) | Beginning of study | 4 weeks | 8 weeks | 4 months | 1 year |
|---------------------------------|--|-------------------------|----------------------------|--|--------------------------------------|
| Intervention group | <ul style="list-style-type: none">• Download Headspace app and register code• Meditate 10 min/day for 8 weeks• Basics (x3) & Stress Pack | Midway questionnaire | Follow up Questionnaire | Second Follow up Questionnaire | 1 year Follow up Questionnaire |
| Waitlist control group | N/A | Midway questionnaire | Follow up Questionnaire | Second Follow up Questionnaire (Get free 1 year subscription to Headspace) | N/A |

Consider your decision!

- ▶ This program takes commitment, time and energy, but potentially offers many benefits to both you and the field of stress research
- ▶ Please consider the pro's and con's of this decision
- ▶ When you join, you are making a commitment both to **yourself** and to the **scientific quality** of the study
- ▶ Questions?
 - ▶ See the FAQs sheet (StressfreeUC.org/FAQs)
 - ▶ Headspace information:
<https://www.headspace.com/faqs/category/about>
 - ▶ Email us at StressFreeUC@ucsf.edu



Thank you for your time!