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Secretary

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**UNIVERSITY OF
CAMBRIDGE**

**CAMBRIDGE
PSYCHOLOGY RESEARCH
ETHICS COMMITTEE**

5 August 2016

Application No: PRE.2015.060

Dear Dr Galante

The mindful student study: a randomized controlled evaluation of mindfulness training to support university students' wellbeing and resilience to stress

This is to confirm that the Cambridge Psychology Research Ethics Committee gave ethical approval to your research project: "The mindful student study: a randomized controlled evaluation of mindfulness training to support university students' wellbeing and resilience to stress", on 25 August 2015.

The application states: "The main outcome will be a self-reported global measure of psychological distress assessed after finishing the course, during the exam period (main measurement) and after one year. Our main hypothesis is that mindfulness training will reduce psychological distress during the exam period. Psychological distress will be measured using the Clinical Outcomes in Routine Evaluation Outcome Measure (CORE-OM), a 34-item generic questionnaire which has been widely used with UK university students." (Question 9)

Yours sincerely

A handwritten signature in black ink that reads "K S Douglas". The signature is written in a cursive style with a large, stylized 'D'.

K S Douglas