

## PARTICIPANT INFORMATION LETTER

**PROJECT TITLE:** “The efficacy of Ajapa Japa meditation in reducing symptoms of Anxiety Disorders”.

**PRINCIPAL INVESTIGATOR:** Ewa Geba

**EXTERNAL INVESTIGATOR:** Dr Ian Smith

**STUDENT RESEARCHER:** Sally Blair

**STUDENT’S DEGREE:** Masters of Clinical Psychology.

Dear Participant,

You are invited to participate in the research project described below.

### ***What is the project about?***

The research project will investigate how effective a method of meditation called Ajapa Japa meditation is in reducing anxiety symptoms as well as improving the participants’ quality of life, sleep quality and trait mindfulness for individuals with Anxiety Disorders. This project will hopefully benefit participants in these areas of their lives and boost their general quality of life. The meditation can be incorporated into their lifestyle to permanently assist them in reducing their levels of anxiety symptoms.

### ***Who is undertaking the project?***

This project is being conducted by Sally Blair and will form the basis for the degree of Masters of Clinical Psychology at Australian Catholic University under the supervision of Ewa Geba and Dr Ian Smith. Sally Blair holds a Bachelor of Psychology (Honours) degree and a graduate diploma in Hypnotherapy. She is an experienced meditator who has practiced a variety of meditation for 20 years and regularly attends an ashram in Sydney.

### ***Are there any risks associated with participating in this project?***

There are no foreseeable risks in participating in this project.

### ***What will I be asked to do?***

This project will involve you:

- Filling in some survey forms in relation to anxiety symptoms, trait mindfulness, quality of life and sleep prior to the study, at 8 weeks following commencement of the study and at 3 months following commencement of the study;
- Sally Blair will talk about the meditation, demonstrate a method of breathing used during the meditation (ujjayi breath) and give you a USB with a meditation on it to take home.
- You will do the meditation at least three times a week (15 minutes a session) at a time and place which suits you.

### ***How much time will the project take?***

The project will involve 8 weeks of meditation. The meditations are 15 minutes long-so in total the project will take 45 minutes per week. Participants may perform the frontal and/or nasal meditation during the 8 weeks. Filling in the surveys will take approximately 20 minutes and need to be done on three occasions.

### ***What are the benefits of the research project?***

According to ancient Hindu literature and the student researcher's experience the benefits of meditation are experienced in every dimension of a person. This includes benefits to the physical body including relief from physical illness and stress, the mind through the calming of the emotions, improvements in concentration, awareness of mental habits, improved reasoning and decision making ability as well as increased compassion, spontaneous joy and communication ability.

### ***Can I withdraw from the study?***

Participation in this study is completely voluntary. You are not under any obligation to participate. If you agree to participate you can withdraw from the study at any time without adverse consequences. Irrespective of when you withdraw, any documentation you have completed will be destroyed, in the case of paper material by way of shredding and in relation to electronic information by way of electronic deletion.

### ***Will anyone else know the results of the project?***

The study will be published in a psychology journal. The data will be stored in a secure facility at the Australian Catholic University. The data will not be identifiable and hence confidentiality of the participants is ensured.

***Will I be able to find out the results of the project?***

When completed, the study will be emailed to the participants.

***Who do I contact if I have questions about the project?***

Feel free to contact the student researcher Sally Blair on 0405 109 109 or by email at [sally.blair@myacu.edu.au](mailto:sally.blair@myacu.edu.au) if you have any questions.

***What should I do if I am feeling distressed?***

Should the meditation in any way cause you any distress please contact Ms Sally Blair or Ms Ewa Geba at the Mary Aikenhead Clinic on 97014708, or Lifeline Crisis Support on 13 11 14.

***What if I have a complaint or any concerns?***

The study has been reviewed by the Human Research Ethics Committee at Australian Catholic University (review number 2016-0000020474). If you have any complaints or concerns about the conduct of the project, you may write to the Manager of the Human Research Ethics Committee care of the Office of the Deputy Vice Chancellor (Research).

Manager, Ethics,

Australian Catholic University

North Sydney Campus

PO Box 968

NORTH SYDNEY, NSW 2059

Phone: 02 9739 2519

Fax: 02 9739 2870

[resethics.manager@acu.edu.au](mailto:resethics.manager@acu.edu.au)