



Grand Canyon University  
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## RECRUITMENT

September 21, 2021

My name is Tiffany Tallackson. I am a doctoral student under the direction of Dr. Armando Paladino in the College of Doctoral Studies at Grand Canyon University, and Dr. Ann Cheney in the Department of Social Medicine Population and Public Health at University of California. I am conducting a research study to determine the effects of mental and physical interventions on undergraduate student's self-concepts relating to well-being. With focus on mindfulness meditation and group fitness, this study will look at the differences in pre-, mid-, and post-intervention assessments in relation to self-esteem and self-regulation.

I am recruiting individuals that meet these criteria:

- > 18 years old
- Own or have daily access to a smartphone
- Score a Moderate OR Severe Anxiety range on the GAD-7
- Have participated in little to no exercise (< 3 days a week) of physical exercise for the last 6 months
- Have participated in little to no mindfulness meditation practice (< 3 sessions) in the last 6 months
- Have participated in little to no group fitness classes (< 3 classes) in the last 6 months
- Must sign a Waiver of Liability, Assumption of Risk, and Indemnity Agreement for the Student Recreation Center that addresses health issues and ensures a patron is in good health to participate in FitWell programs
- Must be willing to answer personal questions not related to this research, which include: age, gender, ethnicity, year in college, and enrollment in summer quarter

You cannot be in this study if you:

- < 18 years old
- Do not attend University of California, Riverside as an undergraduate student
- Do not own or have daily access to a smartphone
- Do not score a Moderate OR Severe Anxiety range on the GAD-7
- Have participated in more than three (> 3) days a week of physical exercise for the last 6 months
- Have participated in more than three (> 3) sessions of a mindfulness meditation in the last 6 months
- Have participated in more than three (> 3) group fitness classes in the last 6 months
- Not willing to sign a Waiver of Liability, Assumption of Risk, and Indemnity Agreement for the Student Recreation Center that addresses health issues and ensures a patron is in good health to participate in FitWell programs
- Not willing to answer personal questions not related to this research, which include: age, gender, ethnicity, and year in college, and enrollment in summer quarter

The activities for this research project will include:

- Participation in mindfulness meditation and/or exercise practices for a total of six weeks (42 days)
  - Participation in group fitness classes (<4 classes week) or normal fitness activities
  - Participation in mindfulness meditation practices (>10 minutes daily)
- Questionnaires – two surveys completed at baseline, mid-intervention, and post-intervention.

Your participation in this study is voluntary. All participants will receive \$20, and entry into a raffle for the opportunity to earn one of seven (7) \$50 Amazon OR Barnes and Noble gift card after the completion of the study.

All data in this study will be protected by coding the data prior to analysis and protected electronically through Qualtrics. A hard and soft copy will be stored securely in a secured lock box in a location only known to the researchers. Information will be destroyed three years after the study has been conducted. Approximate destroy date is December 2024.

Please check out the [flyer](#) for more information.

If you are interested in participating in this study or have any questions, please contact me at [ucrhealthycampus@gmail.com](mailto:ucrhealthycampus@gmail.com) or (951)-827-4487.

Thank you!