

# The Mindful Student Study

## Consent form

By agreeing to take part you **declare** that:

Tick box to confirm  
you have read each  
statement:

• You have read and understand the <b>Participant Information Sheet</b>	<input type="checkbox"/>
• You have had the opportunity to <b>ask questions</b> and had them answered	<input type="checkbox"/>
• You understand that personal details will remain strictly <b>confidential</b> and will be separated from all other information so that researchers work with anonymous data.	<input type="checkbox"/>
• You understand that your participation is voluntary and that you are <b>free to withdraw</b> at any time without giving a reason.	<input type="checkbox"/>
• You are a <b>student</b> at the University of Cambridge	<input type="checkbox"/>
• You are able to attend at least <b>seven sessions</b> of the 8-session mindfulness course	<input type="checkbox"/>
• <b>You are NOT:</b> <ul style="list-style-type: none"><li>○ Currently suffering from severe periods of anxiety or depression; or</li><li>○ Experiencing severe mental illness such as hypomania or psychotic episodes; or</li><li>○ Recently bereaved or have suffered a major loss (of about six months to a year); or</li><li>○ Experiencing any other serious mental or physical health issue that would impact on your ability to engage with the course.</li></ul>	<input type="checkbox"/>

**By giving the details below you agree to take part in this study:**

Name.....

CRSID.....

Signature.....

Date.....