



Now recruiting **university students** for a study on

**Physical activity** • **Mindfulness** • **Well-being** • **Mental health**

**Who can take part?**

Current students of any UK university aged 18+ who DO NOT have a diagnosed psychological condition (such as depression or anxiety).

**What will participation involve?**

After a short screening survey (5 min) you may be invited for a virtual qualitative interview (up to 60 min), in which we will be eager to hear your thoughts on the above topics.

**Will I be reimbursed for participation?**

Yes, every interview participant gets a **£10 Amazon voucher!**

**How do I take part?**

Follow the link or scan the QR code to learn more about the study and access the screening survey. You may then be contacted for an interview.

Please contact Masha Remskar ([mr988@bath.ac.uk](mailto:mr988@bath.ac.uk)) or Dr Ben Ainsworth ([ba548@bath.ac.uk](mailto:ba548@bath.ac.uk)) with any questions. Thank you!

