

Mindful Pain Management Study Overview

Thank you again for participating in this pain management study. This study has a few moving parts but we are here to guide you along the process. Here are the major parts of the study:

- A baseline assessment about one week before your first mindfulness session
- Four mindfulness sessions. These sessions will be one week apart.
- A post-assessment about one week after your last mindfulness session
- A follow-up session about one month after your last mindfulness session
- You will also receive daily text message reminders to complete a brief survey about your pain and medication use.

You will receive your first \$50 gift card after the baseline assessment, your second \$50 gift card after the post-assessment, and the third \$50 gift card after your last follow-up assessment. If you ever have any questions about the process or what comes next, don't hesitate to ask. Please contact us by phone (801-477-6617) or email (research@mindfultranscendence.com).

Also, we want you to know that we value your privacy and hope you feel comfortable discussing and reporting on your pain and various topics. Additionally, if we ever become concerned about your safety we will have a therapist from our research team contact you to ensure you have access to resources to receive the appropriate support.

We look forward to working with you.

