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Psychological Mechanisms of Meditation

Ethics Approval Reference: Anthropology & Museum Ethnography (SAME) DREC - 1067682

VOLUNTEERS NEEDED FOR AN ONLINE SURVEY

The Centre for the Study of Social Cohesion at the University of Oxford is conducting a research project centered on the psychological mechanisms of meditation practice. Specifically, we aim to investigate the connection between meditation practice and belonging to various groups. The results will help to elucidate meditation's effects not only on the individual but also on social aspects of human functioning.

We are seeking healthy volunteers aged 18 and older who have a good command of English, reside in the United States, the United Kingdom, Canada, Australia, New Zealand, or the European Union, and have significant meditation experience (over 100 hours) in one of the Buddhist traditions: for example, Zen, Tibetan, or Vipassana (e.g., as taught by S. N. Goenka). You will be asked to answer survey questions online; your participation will take approximately 15 minutes.

If interested, please scan the QR code below or follow the link <u>https://oxfordanthropology.eu.qualtrics.com/jfe/form/SV_0eMLAaPhLEWyNZs</u>

There is no obligation to take part.

If you would like more information, please contact Prof. Harvey Whitehouse: tel.: +44 (0) 1865 274705, email: <u>harvey.whitehouse@anthro.ox.ac.uk</u>

Thank you!

