We are looking for enrolled UNSW students who want to take part in a Student Mindfulness Survey to learn more about student's attitudes to mindfulness, the use of health apps and student's mental health functioning. The reason we want to know more about student's interest in mindfulness is to find out whether learning mindfulness skills can benefit students and how we can deliver these techniques to all students.

You could win 1 of 3 Bondi Pizza Vouchers each valued at $100!

Take the 15 minute Survey

If you would like more information or are interested in being part of the research study please contact Laura Kampel from the Black Dog Institute and the School of Psychiatry via email: laura.kampel@blackdog.org.au

This research has been reviewed and approved by The University of New South Wales Human Research Ethics Committee. If you have any complaints or concerns about the research study please email humanethics@unsw.edu.au or phone +61 2 9385 6222 quoting the following number HC17543