



RESEARCH OPPORTUNITY

Take Part in an Exciting Study on Mindfulness and Concussion

We are conducting a research study to find out more about the impact of mindfulness on attention skills for adults with ongoing concussion symptoms.

More research is needed to learn about concussion recovery and what potential effects practicing mindfulness has on concussion symptoms. This is an eight-week study for adults who have experienced a concussion in the past 3 months to 2 years and continue to experience issues with attention, focus, or concentration. If you are interested and willing to participate, please contact us.

WHO:	18- to 64-year-old adults with experience of a concussion in the last 3 months to 2 years with lingering cognitive symptoms (specifically attention) and previous participation in speech-language therapy services
WHAT:	An 8-week program consisting of two mindfulness sessions a week with ongoing attention measures
WHERE:	Online virtual platform (Zoom©)
WHEN:	Ongoing through December 2022 – April 2023
BENEFIT/RISK:	There are no significant risks to being in this study. Direct benefits include learning a mindfulness technique
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