

# Virginia Commonwealth University Stress Reduction Study

**Status:** Recruiting

## Eligibility Criteria

**Age:** 18 years to 88 years old

This study is also accepting healthy

**Healthy Volunteers:** volunteers

### Inclusion Criteria:

- Stable medication regimen for 8 weeks prior to enrollment if taking antidepressant or anxiolytic medications. (will not be advertised but screened)
- Free of major, uncorrected sensory impairments and cognitive deficits
- Free of a certain psychiatric disorders or history thereof; specifically, a new diagnosis of a (non-acute) medical or psychiatric condition within the last 3 months, report a hospitalization over the last 3 months, report current drug abuse (e.g., recreational drug use, alcohol intake in excess of 2 drinks per day).
- Adults aged 18
- 55 years of age
- Right hand dominant (will not be advertised but screened)
- Personal SmartPhone (Android or iOS operating systems).
- Naive to meditation practice (will not be advertised but screened)
- At least a moderate level of perceived stress (scale score > 5 on the 4-item Perceived Stress Scale (PSS; reflects above-average perceived stress)

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### Exclusion Criteria:

- left-handed
- are unwilling or unable to complete study assessments or treatments
- report a new diagnosis of a (non-acute) medical or psychiatric condition within the last 3 months
- report a hospitalization over the last 3 months
- report current drug abuse (e.g., recreational drug use, smoke more than 1 pack per day, alcohol intake in excess of 2 drinks per day)
- are prisoners
- no personal SmartPhone (Android or iOS operating systems)

## Conditions & Interventions

### Interventions:

Behavioral: mindfulness training, Behavioral: cognitive reappraisal training

### Conditions:

Stress

### Keywords:

Mindfulness

## More Information

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**Principal Investigator:**

**Phase:** N/A

**IRB**

**Number:**

**System ID:** NCT04190030

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