Mindfulness Study - Participants With Bipolar Disorder Needed





Want to participate?

A Study of Emotional and Cognitive Processing

Investigators: Steven Hickman, Psy.D., Colin Depp, Ph.D. UCSD Department of Psychiatry

The purpose of this study is to investigate whether a brief focused breathing exercise impacts how people mentally process emotion

Who is Eligible?

- o You may be eligible if you:
 - Have been diagnosed with bipolar disorder
 - Are at least 18 years of age
 - Are willing to come to the UCSD Campus in La Jolla for a two hour meeting

What will Research Participants be Asked to Do? In a single 1.5-2 hour session you will –

- Complete several questionnaires and a short Mental health assessment
- Participate in a 20 minute focused breathing activity or be asked to let your mind wander for 20 minutes
- Perform a small set of cognitive tasks on a computer

Participants will receive \$20 and a free CD of mindfulness-based relaxation activities.

To Find Out More About this Research Study, please contact Ashley Cain at (858) 822-7485 or email mindlab30@gmail.com. Thank You!

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