

Informed Consent Agreement (Intervention Group)

Dear Participant,

You are invited to participate in a research study that is investigating the effects of Yoga Therapy on people's experience of Wellness. Your participation is appreciated and will be a valuable contribution to an understanding of the topic.

As a part of this research, you will be participating in a series of eight (8) Yoga Therapy sessions over a 8 to 24 week period. Yoga Therapists will conduct an intervention with focus on improving mental health. Other than your active involvement in the sessions, you do not need to do anything special or out of the ordinary. Rather, you will be invited to complete a demographic questionnaire and two surveys before you begin the Yoga Therapy. Then, at the end, you will complete those same two surveys once more. For the demographic questionnaire, you will be asked to give some information about yourself, such as your age, gender, and ethnicity. Then you will complete two surveys that have already been validated and are used in other settings. The first is the Inventory of Positive Psychological Attitudes (IPPA). This 32-item survey is designed to measure positive and negative moods and emotional states. The second measure is the Multidimensional Assessment of Interoceptive Awareness (MAIA). This 32-item survey measures mindfulness, attention, and body regulation. Information from these instruments will be used to determine the specific effects of Yoga Therapy on aspects of wellness. All surveys will be administered in a neutral location to preserve your confidentiality. If you have personal questions about the surveys, there will be an opportunity to address those with the researcher when you take the survey.

When you complete the surveys, you will be asked to choose a pseudonym so that your identity will be concealed. Your demographic information and survey responses will remain entirely confidential. The data will be kept in a locked cabinet and, if transferred to a computer, it will be password protected.

The information from the study will be used to draw conclusions about the specific features of wellness that are influenced by Yoga Therapy. Personal benefits from the study will result from your experience with Yoga Therapy. We anticipate no risks to you due to completing this survey or participating in the Yoga Therapy sessions.

However, as with any form of personal development, Yoga Therapy may surface insights or memories that you may wish to address with a therapist or a spiritual guide. If you have any questions or concerns at any time during the period of this research study, do not hesitate to contact the researchers Karen Armand at 206-595-2648 or by email at karmand11@gmail.com, or John Elfers at 805-441-0951 or by e-mail at johnelf@aol.com. We will be happy to discuss your concerns or make any appropriate referrals necessary to resolve those concerns.

If you have any questions regarding your rights in this survey, please contact the Chairperson of the Sofia University Research Ethics Committee, Dr. Fred Luskin, at learningtoforgive@comcast.net. Participation in this research is entirely voluntary, and you may withdraw from the study at any time without penalty or prejudice.

I, _____ voluntarily consent to participate in this research study conducted by Karen Armand and John Elfers, and no pressure has been applied to encourage participation. I have received a copy of this consent form and understand that my confidentiality will be protected. Through the above written material, the researcher has explained the study to me and answered my questions.

Participant Signature

Date

Researcher Signature

Date

Yes, I would like the final results of the research study sent to me by e-mail.

E-mail Address