



SEEKING CAREGIVERS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES

Are you a parent/caregiver of a child ages 5-21 with a developmental disability?

We are seeking participants for the **Mindfulness Intervention Study** (United States).

If you are interested in participating, complete the screening survey at this link or scan the QR code:

https://msu.co1.qualtrics.com/jfe/form/SV_0ihzuA1AvlixlwW

An interview invitation will be sent to eligible participants.

Project Goal: To evaluate the feasibility of a two-week mindfulness intervention in reducing stress among parents/caregivers of children with developmental disabilities (Down syndrome, autism spectrum disorder, fragile X syndrome, and intellectual disability).

Estimated Time: Two weeks (daily 10 minutes).

Contact:

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** Eligible Participants will receive a maximum of \$100 e-gift card.

