



## Mindfulness Intervention Study

MICHIGAN STATE  
UNIVERSITY



## 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\\_0lhzuA1AvlixlwW](https://msu.co1.qualtrics.com/jfe/form/SV_0lhzuA1AvlixlwW)

**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.

