

UW Well-Being Study



Welcome to the UW-Madison Well-Being Study Website!

There are several restrictions regarding who may participate in our study. Please read the guidelines below to determine if you qualify.

Participants Must:

- be between 25 and 65 years old
- be right-handed
- not have a current problem with alcohol or non-prescription drugs
- not be taking any prescribed psychotropic medications (e.g., medications for anxiety or depression)
- not have any chronic pain or sensitivity conditions, such as fibromyalgia
- not be taking any pain medications, including NSAIDS such as Advil or Aleve, or prescription painkillers such as Vicodin or Ultram
- not have a personal history of seizures or a family history of hereditary epilepsy
- not currently be diagnosed with a sleep disorder
- not have a significant history of meditation training
- not currently practice daily yoga or tai chi
- not have a pacemaker, implanted cardiac defibrillator, artificial heart valve, or cardiac pace wires
- not have had lens implants prior to 1983
- not have a cochlear implant
- not have any type of non-removable prosthesis
- not have any permanent cosmetics (e.g., eyeliner) performed prior to 1976
- not have tattoos if applied before 1976
- not have any non-removable body piercings
- not have a history of claustrophobia
- not have any back problems that would prevent them from lying still for up to 2 hours
- not be pregnant

If you are selected to participate in our study, you will receive either an 8-week Health Enhancement class, or an 8-week Mindfulness-Based Stress Reduction class.

If you meet the above criteria and are still interested in the well-being study, please contact us by email at WellnessStudy@gmail.com or by phone at 608-890-2961.

Thank you for your interest!

