



A BROWN UNIVERSITY RESEARCH STUDY

Protocol #2023003519

BROWN

MEDITATION-RELATED CHALLENGES + ADVERSE EFFECTS



for building better systems of support



<https://tinyurl.com/mrcaestudy>

Questions?

Contact Dr. Nicholas Canby

clanlab@brown.edu

Purpose of study: This study aims to answer the following questions: What kinds of lasting challenges and adverse effects can result from meditation practice? Are their specific practices, programs or products that tend to cause more problems than others? What predicts whether a challenging meditation experience is therapeutic or destabilizing? If someone experiences lasting difficulties from meditating, what should they do? What types of support, remedies or therapies are most or least helpful?

What does participation involve? Study participation involves completing an online survey about your meditation-related difficulties, how you and others responded to them, and other factors that may have played a role. You can also submit a written narrative of your experience, if you choose.

Who is eligible? Anyone who has had a meditation-related experience that:

- Was difficult or distressing and persisted beyond the meditation practice into daily life or
- Negatively impacted your life or daily functioning or
- Required additional professional support or treatment.

You must be at least 18 years old and be able to read and write in English.

Will I receive compensation? No, participation is volunteer and uncompensated. You will be given the option of having your research participation support other meditators-in-distress at the non-profit Cheetah House.

How do I participate?

<https://sites.brown.edu/britton/activeresearch/mrcae/>