

Information Letter Controlgroup

Study Transcendental Meditation and Personal Development

Dear student,

Thank you for your interest in participating in the controlgroup of a study on Transcendental Meditation (TM). Before participating in a scientific study, you need to declare that you have been fully informed about the study and are willing to participate in it.

In this letter you will find information about the study: what we ask of you and how we handle your personal data. If you have any questions after reading this letter, please do not hesitate to contact us.

Can I participate?

You can participate if you study at a Dutch University, or University of Applied Sciences, and are over 18 and under 30 years of age. Another condition is that you have yet to learn Transcendental Meditation and do not learn it in the coming year.

What is the goal of this study?

After studying, students find themselves in important positions, for which a balanced personal development is important. Many students experience stress and high study and performance pressure, which can hinder personal development. There are studies that show that TM has an effect on personal development. With the help of this study, we would like to gain more insight into those effects. To be able to make a better comparison, there is a control group which does not learn TM for which we need people like you.

How is the study conducted and what is expected of you?

If you have decided to participate in the survey, you email the following to research@davidlynchfoundation.nl in a password protected ZIP-file:

- a picture (or screenshot if it is a digital one) of your student card
- a scan or pictures of this information letter, filled in, signed and with your initials at the footer of each page.

For security reasons, send the password to +31 637443437. Your number will be deleted as soon as we have saved and opened the ZIP-file. Next, you will receive a link to the first questionnaire by email. The questionnaire takes about 15-20 minutes, and you will need to fill this in at home before your fellow student learns TM. After they learn TM, you will receive five more emails with a link to a questionnaire, after two weeks, one month, three months, six months and a year, respectively. Fill in each questionnaire individually within a week after receiving it.



What are the advantages and disadvantages of participating in this study?

Advantages:

- You will help science gain insight into the effect of TM on personal development
- If you fill in all questionnaires on time, you will receive € 50, -

Disadvantage:

- You will invest time

What happens if you decide not to participate in the study (anymore)?

Participation in this study is entirely voluntary. If you do not wish to participate, you don't need to explain why. Even if you give permission now, you can withdraw it at any time without explanation. To ask if you would like to complete a questionnaire, you will receive three emails, one questionnaire announcement and two reminders. If you decide not to participate anymore and ignore the second reminder, we will assume that you no longer want to participate in the study. We can then still use your previously provided data for the investigation. If you object to this, you can ask us to delete it. Optionally, you can send an email to research@davidlynchfoundation.nl to indicate that you no longer wish to participate.

Which data is collected and what happens with this data?

We collect the answers you give when completing the questionnaires and the date and time when you complete a questionnaire. The research data will be treated confidentially and will be processed in an encrypted manner, in accordance with our privacy regulations. These privacy regulations can be found on our website. After the project has ended, the personal data will be kept for another year for possible verification and then destroyed. The data is used exclusively for scientific research and for no other purposes. Data is in no way shared with others.

This study is funded by the David Lynch Foundation Nederland (DLF) and Stichting Maharishi Vedisch Instituut (MVI) and will be published by the DLF.

What will you get at the end of this study?

If you fill in all questionnaires on time, you will receive compensation of € 50,-. If you are interested, we will send you a report on the results at group level after the investigation.

Any questions and/or complaints?

If you have any questions or complaints, please do not hesitate to contact the researcher:

Jasmin Gerritsma
MSc Cognitive Psychology
research@davidlynchfoundation.nl
www.davidlynchfoundation.nl

Informed consent form participation scientific study

Name: _____

E-mail: _____

Bank account _____

(for depositing the € 50,- compensation)

I hereby declare that I have carefully read and understood the information above. I consent to the use of my personal data for the purpose of this scientific research. I understand that I can withdraw from the study at any time without further explanation. I understand that my data is treated confidentially and used only for research purposes. I will receive € 50,- for participating in this study, after filling in all six questionnaires on time.

Yes, I am interested in receiving an overview of the results at group level after the study*.

Date: _____

Place: _____

Signature: _____

* Please tick as appropriate
