

Information Letter Meditationgroup

Study Transcendental Meditation and Personal Development

Dear student,

Thank you for your interest in participating in 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, but you would like to soon. Other than that you need to have a fellow student (preferably from the same study in the same year as you) who does not want to learn TM, but would like to earn € 50,- by filling in the same questionnaires.

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.

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

If you have decided to participate in the survey:

- you e-mail the following to research@davidlynchfoundation.nl:
 - the name and email address of your fellow student who wants to join the control group
 - 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
- you transfer €300,- to Stichting MVI, IBAN: NL98 INGB 0660 8746 79 writing in the payment description: your name, name of your TM teacher, student project. (unless your teacher asks for a different description)
- you email proof of payment to your teacher

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 out at home before you

receive your TM instruction. Your fellow student will get the same questionnaire to fill out before you learn TM. Once both of you have filled out the questionnaire, you and your TM teacher will receive a confirmation email. Then you can start your TM course.

After you 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
- You will learn TM for € 300,- instead of € 350,-
- 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. If you would like, 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 data you share does not affect the TM course. Your individual answers are not shared with your TM teacher. The only information shared between the researcher and TM teacher are whether the first questionnaire has already been completed by both you and your fellow student and the date on which the TM course has been completed. This is done to ensure the study is carried out chronologically. 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. We are also interested in personally interviewing a number of participants. You can indicate on the consent form whether we can contact you for an interview.

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. Participation in the study gives me a € 50,- discount for the course price of the course Transcendental Meditation and € 50,- compensation for participating in the study. I will receive the € 50,- compensation after filling in all the questionnaires on time.

- Yes, I am interested in receiving an overview of the results at group level after the study*.
- Yes, I can be contacted for an interview*.

Date: _____

Place: _____

Signature: _____

* Please tick as appropriate
