



Call for research participants

**Do you identify as a Muslim from an ethnic minority background?
Are you aged 18 or over? Have you participated in a formal Mindfulness
program lasting 4 weeks or more?**

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If yes...

I would like to invite you to talk about your experiences. My name is Nesrine and I am a Trainee Clinical Psychologist at the University of Essex. I am inviting you to take part in my doctoral research project exploring how mindfulness is experienced by BAME Muslims

Participation will involve...

Taking part in a one-off interview via zoom or telephone. You might be asked to talk about:

- Your experiences of Mindfulness
- How you feel Mindfulness fits or doesn't fit with your cultural experiences
- How you feel mindfulness fits or doesn't fit with your religious beliefs

I'm interested, what next?

If you would like more information on taking part please get in touch using the email provided below. I will be happy to answer any questions you may have and send over a participant information sheet so that you can find out more

(This study has received ethical approval from the University of Essex. ETH2122-0663)

Nesrine Nasseur
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Please share this poster with anyone else you think might like to take part. Thank you!