

Mindfulness for People with Voice Disorders

Seeking study participants who have been diagnosed with a voice disorder and concluded voice therapy

Seeking participants for a research study measuring the effects of mindfulness on singers and speakers with voice disorders.

Participants will take part in an **8-week mindfulness course, modeled after the Mindfulness Based Stress Reduction (MBSR) curriculum**, which will be delivered **online over Zoom**. Before and after the course, participants will use a mobile app to record voice samples and will complete the following questionnaires:

- 1) Mindful Attention Awareness Scale
- 2) Perceived Stress Scale
- 3) Voice Handicap Index (all participants) and Singing Voice Handicap Index (singers only)

Some participants may be assigned to a control group. The control group will record voice samples and take the questionnaires at the same times as the other participants but will not take the mindfulness course. They will be offered the chance to participate in the course later. (Eligibility requirements for study participants and for the control group are identical.)

Participation in the study is completely voluntary. No compensation will be given. Participants may withdraw from the study at any time and for any reason without penalty while still participating in the mindfulness course.

This study has been approved by the West Chester University Institutional Review Board Protocol #IRB-FY2022-111.

Are You Eligible?

- Participants must have been diagnosed with a voice disorder and received and concluded voice therapy with a speech-language pathologist
- The ability to speak clearly, loudly, or consistently is not required
- The course may not be appropriate for participants who: 1) have an active addiction, 2) are suicidal, or 3) have untreated psychosis, PTSD, depression, or anxiety that would interfere with their ability to complete the course.
- The first 20 people who meet the eligibility requirements will be enrolled.

How to Sign Up

- Scan the QR code or visit this link https://wcupa.co1.qualtrics.com/jfe/form/SV_eff0TYD9xHB0VxU to access and fill out a secure form, which will help determine your eligibility.



- Eligible participants will be given the opportunity to attend a Zoom meeting outlining details of the mindfulness course, the research study, and the consent process.
- Email questions to Catherine K. Brown, CB965023@wcupa.edu (Graduate Student in Applied Mindfulness, West Chester University)