**An evaluation of a Mindfulness and Goal Setting**

**Quality of Life Program and Questionnaire**

**Consent Form**

**Project Title:** An evaluation of a Mindfulness and Goal Setting Quality of Life Program and Questionnaire

The purpose of this project is to compare the effect of a mindfulness program versus a mindfulness and goal setting combined program upon well-being.

You can help in this study by consenting to participate in a 2-day mindfulness or 2-day mindfulness and goal setting training program and to complete four surveys. The program runs on a weekend from 9 am to 5 pm and it is anticipated that the time to complete the surveys will be no more than 20 minutes each.

Contained in the surveys are questions about level of education, income, and other questions which may be seen as personal and private. You can decide to withdraw your consent at any time. If you decide to withdraw, any material you have given us or data we have collected at any point during the research will be destroyed, and we are happy to discuss with you any concerns you may have about this study. All information given during the survey is confidential and no names or other information that might identify you will be used in any publication arising from the research. Feedback on the study will be provided in a general summary report of results (with no identifiable data).

If you are willing to participate in this study, could you please complete the details below. If you have any questions about this project please feel free to contact either Patrick Jones, on 1300 70 50 55 or Prof Peter Drummond, on 9360 2415. We are happy to discuss with you any concerns you may have on how this study has been conducted, or alternatively you can contact Murdoch University's Human Research Ethics Committee on 9360 6677.

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I (the participant) have read the information above. Any questions I have asked have been answered to my satisfaction. I agree to take part in this activity; however, I know that I may change my mind and stop at any time. I understand that all information provided is treated as confidential and will not be released by the investigator unless required to do so by law. I agree that research data gathered for this study may be published provided my name or other information which might identify me is not used.

**Participant/Authorised Representative:**

**Date:**

**Investigators: Professor Peter Drummond and Patrick Jones M. Applied Psych.**

**Date:**

This study has been approved by the Murdoch University Human Research Ethics Committee (Approval 2019/237). If you have any reservation or complaint about the ethical conduct of this research, and wish to talk with an independent person, you may contact **Murdoch** **Research Ethics Office**,Division of Research and Development, Chancellery Building, South Street MURDOCH, WA, 6150. Telephone: 9360 6677 Facsimile: 9360 6686 E: ethics@murdoch.edu.au URL: www.research.murdoch.edu.au/ethics. Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.