

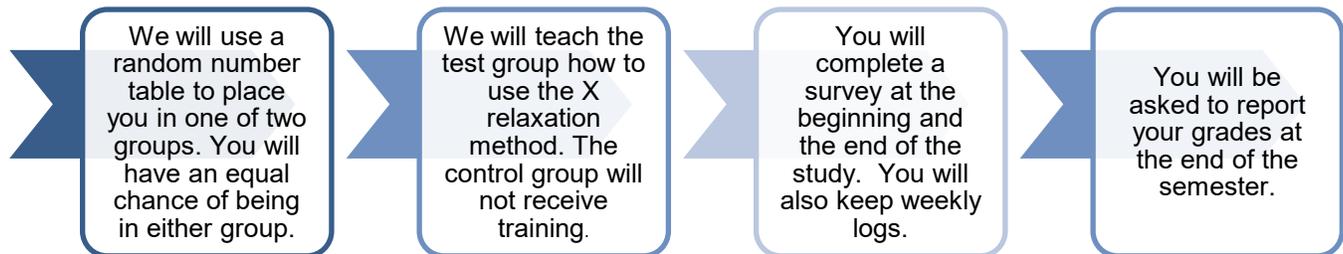


RELAXATION AND ACADEMIC OUTCOMES STUDY

We are inviting you to take part in a research study about how the X relaxation method affects the grades of university students. X is a relaxation method that uses controlled breathing and senses focus. We plan to enroll 25 healthy students that are not taking prescription or over-the-counter medication for anxiety or depression.

PURPOSE: We want to learn how students use the X relaxation method to improve grades.

PROCEDURE:



DURATION: Your participation in this research will last one semester.

REASONS YOU MIGHT CHOOSE TO VOLUNTEER FOR THIS STUDY

- You may experience more control over your life and better academic focus.
- You may like knowing you contributed to research that may benefit others.
- You will be compensated for the time you spend completing the surveys.

REASONS YOU MIGHT CHOOSE NOT TO VOLUNTEER FOR THIS STUDY

- You do not get to choose your study group.
- Participation in the test group will require more time to complete weekly logs.
- You may not want to stop taking dietary supplements during the study.

DO YOU HAVE TO TAKE PART IN THE STUDY?

You do not have to be in the study. You will not lose normal services, benefits, or rights if you choose not to be in the study.

WHAT IF YOU HAVE QUESTIONS, SUGGESTIONS OR CONCERNS?

The person in charge of this study is (name) of the University of Kentucky. You can contact (name) if you have questions or concerns here:

If you have any questions, suggestions or concerns about your rights as a volunteer in this research, contact staff in the University of Kentucky (UK) Office of Research Integrity (ORI) between the business hours of 8am and 5pm EST, Monday-Friday at 859-257-9428 or toll free at 1-866-400-9428.