A large, multisite test of self-administered mindfulness

Self-administered mindfulness interventions have boomed the past few years. The effectiveness of these interventions on regulating stress, however, is unclear. In this talk, Alessandro Sparacio, a Ph.D. student of the Université Grenoble Alpes & Swansea University, will report on a multi-site study on self-administered mindfulness to investigate whether single brief stand-alone mindfulness exercises are effective in decreasing individual stress levels.

November 15 @ 9 am PST on Zoom
https://sjsu.zoom.us/j/81921370531