



UNIVERSITY OF
SOUTH DAKOTA

Are you currently in college?

**Do you struggle with anxiety or
depression?**

**Learn about joining
our research study!**

***Paid research opportunity up to \$75 in Amazon
gift cards***

**Eligibility: Must reside and attend college in the United States.
Participants will be assigned to receive one of three
interventions online. Participation will last approximately 10
weeks including the follow-up surveys. Time commitment
averaging 30-40 minutes per week.**

**Email mindful.student.research@gmail.com or text/call
(605) 389-3086 to find out more.**

Principal Investigator: Dr. Natalie Leck

University of South Dakota
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