



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](mailto: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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