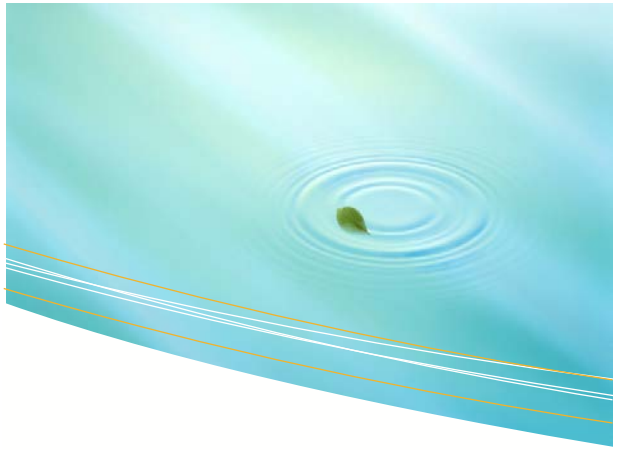

We hope that you will decide to participate in this important research study.

The purpose of this study is to test an 8-week meditation and yoga program that is intended to reduce stress and improve the quality of life of adolescents and young adults, ages 18-39, who have been diagnosed with cancer. This study is being done through Northwestern University.

- Participating in this study will not change the care you receive from your doctors and nurses.
- There is no cost to you.
- You may choose to discontinue your participation in the study at any time.

Study ID: STU00093614

REDEFINE AYAO

Reducing Emotional Distress, Enhancing Function and Improving Network Engagement in Adolescent and Young Adult Oncology

Principal Investigator:

David E. Victorson, Ph.D.

Funding provided by:

American Cancer Society – IL

and

Lurie Cancer Team Award

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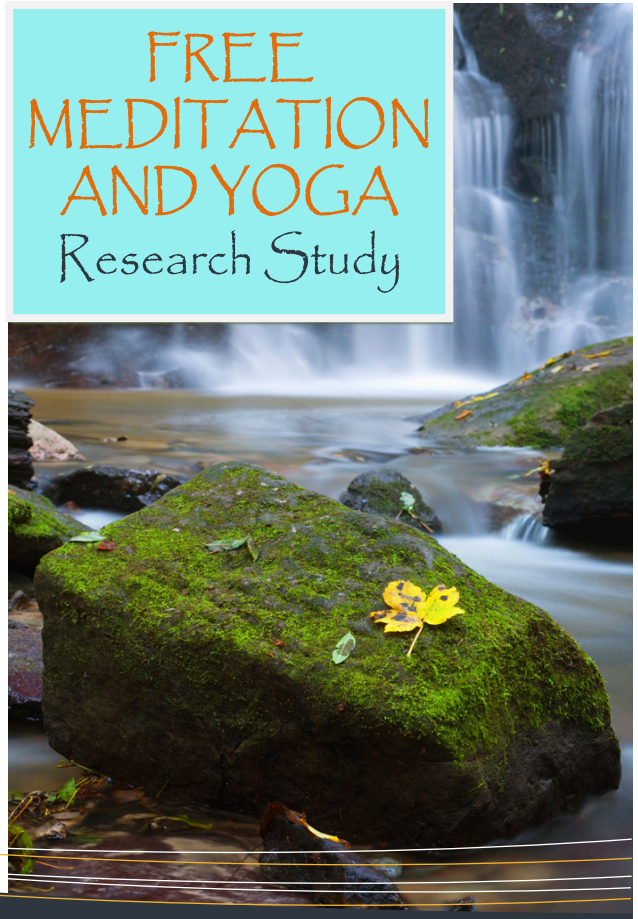
# FREE MEDITATION AND YOGA Research Study



**This study provides group-based meditation and yoga instruction to support young adults with cancer after their diagnosis.**

Please read this brochure and consider taking part in our study.

# STUDY PROCEDURES

## VOLUNTARY

Your participation in this study is voluntary. You may choose not to answer any questions or participate in activities that make you feel uncomfortable.

## Mindfulness-based Stress Reduction

All participants in the study will take part in an 8-week course, which will include instruction in meditation, gentle yoga, and other stress reduction techniques. We will meet once a week for two and a half hours each time and a meal will be provided. Homework will consist of listening to a 30-40 minute guided relaxation CD daily. Additionally, after the 6th week of the program, there will be a one-time, four-hour session in which participants will engage in a mini "retreat."

## What else happens in the study?

- After completing the program, you will be randomly assigned to a group that may or may not receive weekly text or e-mails messages related to the course teachings.
- You will take a set of online questionnaires.
- You will be available for blood and saliva samples, as well as vital sign collection.

### QUESTIONNAIRES

You will be asked to complete questionnaires about your health, anxiety and state of mind. Questionnaires will be completed using a secure online assessment system at the start of the study, and at weeks 8, 16, 24, and 32.



### BLOOD SAMPLES

We will collect blood samples using the "finger-stick" technique, in which a device called a lancet is used to prick your skin in order to obtain drops of blood. This will be done at the start of study, and at weeks 16 and 32.

### SALIVA COLLECTION

You will be asked to collect your saliva at home 3 times a day for 2 consecutive days using a saliva collection kit that we will provide you. This will be done at the start of the study, and at weeks 16 and 32.



### VITAL SIGNS

We will record your pulse, blood pressure, height and weight. This will be done at the start of the study, and at weeks 16 and 32.

### CONFIDENTIALITY

Your privacy will be protected to the maximum extent allowable by law. Only codes will be used to identify the data collection forms. Only the research team and the Institutional Review Board (IRB) will have access to the surveys and study materials.