



UNIVERSITY OF HAWAII
CANCER CENTER

Mobile Mindfulness Meditation Intervention to Improve the Well-Being of Cancer Survivors

The goal of this 8-week program is to determine whether the use of a mobile app for mindfulness can impact anxiety and other indicators of well-being for cancer survivors.

- Open to all cancer survivors, aside from those diagnosed with non-melanoma skin cancer
- Must have completed primary treatment for cancer (hormone therapy accepted)
- Over 21 years of age
- Be experiencing at least a mild level of anxiety
- Have use of a smartphone
- Comfortable reading and writing in English
- Not currently practicing meditation (no more than one hour per week)

You will be assigned, at random, to use the app immediately or after eight weeks.

Participants will be asked to complete questionnaires describing well-being at the beginning of the study, 8 weeks later, and again 16 weeks from the beginning of the study.

For more information call 808-441-3491

or email : OMMStudy@cc.hawaii.edu

To enroll in study, visit: <https://goo.gl/23WSCZ>

