



A NON-DRUG INTERVENTION STUDY for Mild Cognitive Impairment

WHY ARE WE DOING THIS STUDY?

To study the effects of mindfulness on the health outcomes of persons with mild cognitive impairment (MCI).

WHAT DOES STUDY PARTICIPATION INVOLVE?

- **3 data collection sessions** (cognitive assessment, questionnaires & interviews) preferably accompanied by your familiar support person.
- **Venue:** Monash University campus (Caulfield, Clayton or Notting Hill) or public venue convenient for you.
- **3 data collection time frames:**
 - (i) Before intervention (30 minutes), (ii) After intervention (1 hour) and (iii) 1-year follow-up (1 hour).
 - ❖ **Intervention:** Eight 1.5-hour weekly customised group Mindfulness Training program facilitated by renowned mindfulness experts, Drs. Craig Hassed/ Richard Chambers at Aberfeldie Baptist Church or Monash University Notting Hill campus. Your familiar support person is encouraged to attend with you.

WHO CAN PARTICIPATE?

- Clinical diagnosis of mild cognitive impairment (MCI);
- Must be able to give informed consent to participate by signing the Consent Form; and
- At least 60 years old.
- Encouraged to be accompanied by a familiar support person who can be your family member, guardian or a person authorised by law, is at least 18 years old with no English language difficulties, can confirm your capacity for informed consent, and can provide information about your functional abilities and demographic, health and lifestyle details.

*** Some severe conditions, medications and activities prevent participation.**

HOW CAN I GET MORE INFORMATION?

If you are interested to find out more about this study or have any questions about this study, you can contact **Ping Wong** on **Tel: (03) 9902 4937** or by **email: ping.wong@monash.edu**.

**This study has been approved by the
Melbourne Health Human Research Ethics Committee (HREC/14/MH/324).**