**Project Overview:**

The purpose of this study is to evaluate the effects of a 3-day mindfulness programme on participants’ mood and general awareness of their experience. The programme will be delivered by a self-paced smartphone application (the ReFokus App). The study will end once you have completed 3 guided sessions delivered through the app. The duration of the study is 3 days.

**General Instructions:**

You will be taking part in a meditation study for three consecutive days.

1. Before you start, please download the ReFokus app from the Google Play Store.

Download URL: <https://play.google.com/apps/testing/teamvulcan.refokus>

1. You are required to register for a new account prior to the start of the study and a demographic survey will be prompted.
2. Once you have successfully login, please enrol yourself to the program: “**Beginner 3 days Meditation Program**”, after which, you can start your meditation sessions.
3. After completing all the requirements per day, you are free to explore the application and provide us with feedback. ☺

**Required:**

1. For each day, you are required to complete 1 podcast and 1 post meditation session survey.
2. As part of our project requirements, you will be randomly alerted 3 times a day to complete a short survey to assess your well-being. You are to complete all 3 randomly alerted short surveys per day.

**Note:**

1. To prevent the app from alerting you to complete the random short survey during your sleep, please set your beeper survey alert timing to your normal sleep and wake timing.
2. Please do not slide off the survey alert when prompted.

**Feedback:**

At the end of your last session, you will be prompted with a google form link (<http://smu.sg/refokusfeedback>). Do spend a few minutes to fill up the form to provide us with some valuable feedback. ☺