

## **INFORMATION LETTER**

### **TEENS CAN MEDITATE PROJECT**

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**Introduction.** This information letter contains important information about this study and corresponding rules. Please read this letter carefully and ask any questions, before agreeing upon participation.

#### **WHAT IS THIS STUDY ABOUT?**

The purpose of this study is to measure the effects of the practice of Sahaja Yoga meditation (SYM) on mental wellbeing and problematic internet use.

**Background.** SYM is a sitting form of meditation that aims to achieve a state of mental silence through the practice of positive affirmations. The current project is led by members of Teens Can Meditate club.

**Nature and duration of the study.** You will practice SYM for 6 weeks, four times a week via online Zoom meetings (30 and 60 minute sessions).

#### **WHAT DOES PARTICIPATION IN THIS STUDY INVOLVE?**

During the program you will do activities that focus on increasing your attention and wellbeing, including positive affirmations, education, discovering personal strengths and meditation. Before and after the intervention, we will administer a questionnaire to measure your level of well-being.

## **INFORMATION LETTER TEENS CAN MEDITATE: 6 WEEKS RESEARCH PROGRAM**

**Potential negative consequences of participation.** Numerous studies have already reported beneficial effects of SYM, which is associated with increased well-being, sustained attention, and emotional self-control. No negative consequences are expected.

### **PARTICIPATION INFORMATION**

#### **Voluntariness of participation**

We ask your consent to participate in this study, which applies for the length of this study. Participating in this research is voluntary. You have the right not to take part in this study. If you decide to participate in this study, you are free to withdraw from this study at any time, without any negative consequences, and without giving any reason. You are free to only answer questions that you want to reply to.

The researchers can terminate the study if necessary. The decision to terminate the study can be made to protect your health and safety, or because the research plan stipulates that individuals who do not meet certain conditions or do not strictly follow the instructions, cannot participate.

#### **What rights do I have?**

You have the right, in principle, to request access to and rectify, erase, restrict or object to the processing of your personal data. For more information:

[www.tilburguniversity.edu/privacy](http://www.tilburguniversity.edu/privacy)

#### **Confidentiality**

All information collected during this study will be stored confidentially. Your research data will be anonymized with a code name or number. Any personal information is not released without your written permission.

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#### **Research Data Management Policy**

The anonymized research data will be stored safely for a period of 10 years at a secured server of the Tilburg University. Only the main researcher has access to this data. During the research project, data will be shared by members of the research team. Data can be made available after September 2025 to students of the Tilburg University, or other university students and scholars. It can be made available on request to dr. T. Hendriks. Data can be used for educational purposes and results of this study are published or presented at conferences. No information will be presented that can reveal your personal identity. Anonymized data collected in this study might be useful for future research and therefore this data will be anonymously available.

#### **Data processing**

Your data will be stored under a code without your name and displayed when processing and reporting the data.

#### **Reward/Reimbursement**

All participants and volunteers of this research study will receive 60 certified volunteer hours via a certificate.

#### **Ethical Approval**

This study was approved by the ethics review board (ERB) of Tilburg University TSB\_RP1458

#### **Participation**

If you decide to participate in this study, you can sign the attached informed consent form.

#### **Contact**

Any questions about this study can be directed to: dr. Tom Hendriks;  
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