



Virtual Study

Stress in Parents of Children with Disabilities: Virtual Mindfulness-Based Music and Songwriting Program

Date of IRB Approval: 07/13/2020

 VANDERBILT KENNEDY CENTER

We invite parents/caregivers with a child who has an intellectual/developmental disability or severe chronic illness to participate in a remote mindfulness-based music and songwriting experience (MBMS). The MBMS program targets stress reduction and is delivered via musical and songwriting activities. No prior music training is expected or needed.

Participants will be asked to:

- Complete questionnaires about themselves and their child.
- Complete interviews about their expectations for and experiences with the MBMS program.
- Participate in weekly remote MBMS sessions (~6 sessions total).
- Provide a saliva sample at up to three sessions (optional).

Participants receive up to \$30 in gift cards and receive audio recordings of MBMS materials.



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Institutional Review Board

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