

The Breathwork Study

Psychedelic Research Group, Imperial College London

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You are being invited to take part in a research study investigating the effects of Breathwork if you are planning to partake in any session involving any form of Breathwork OR have signed up to partake in a Breathwork session with an independent organization or facilitator offering Breathwork.

What is the purpose of the study?

The Breathwork Survey is a project being run by the Psychedelic Research Group at Imperial College London. The aim is to collect data on the process of taking part in a Breathwork experience. In this prospective study, we aim to collect data about an anticipated Breathwork experience one week before, 2 days after, and 4 weeks after, a single Breathwork experience.

Why have you been invited?

You have been invited to fill out this survey because we are very interested in learning more about the effects of any form of Breathwork, and would like to hear from as many participants as possible. Thus, if you are planning to undergo an experience with Breathwork, or have already signed up for a Breathwork experience we would like to use the opportunity to better understand the effects of Breathwork.

Do I have to take part?

It is up to you to decide whether or not to take part in this research study. If you do decide to take part you will be given a copy this information sheet (in your sign-up confirmation email) to keep and be asked to give consent to participate. Such consent is given once you sign up for the study by entering your email and agreeing to the terms outlined in the consent section. If you decide to take part you are still free to withdraw at any time and without giving a reason.

What will happen to me if I take part?

If you take part in this research you will not be asked to do anything else besides answering several questionnaire asking about your future experience with Breathwork, for up to 4 weeks.

What will I have to do?

To take part, you must be at least 18 years old of age, have a sufficiently good understanding of the English language, and plan to undergo an experience with (any form of) Breathwork, on a specific occasion anytime within the next two months. For the latter case, you must also be willing to provide us with a correct email address and be willing to receive a small number of email reminders, to remind you to complete the relevant questionnaires at the appropriate times (there will be 3 questionnaires in total).

Please find more details here:

<https://www.psychedelicssurvey.com/studies/4f2b5da6-2921-11ed-80fe-0a280c4496dd?fbclid=IwAR3n0qsWQwzRtcclo3ewycWpRttgoolo1t5HjIAsmW5mkfeS8IIT1FPRh5Q>