

WANT TO PARTICIPATE?

RESEARCH STUDY

Principal Investigator-Dr. Daneault, PhD

In-person yoga vs tele-yoga in children & adolescents with symptoms of anxiety

The Motor Behavior Laboratory of Rutgers University is looking for:

- ✓ **Children with symptoms of anxiety-** like feelings of nervousness, a racing heart, & worrying a lot
- ✓ **Male and Female**
- ✓ **Between 10-17 years old**

A child should **NOT** volunteer if they ...

- Have an injury that affects their ability to participate in gym activities
- Have cognitive impairments that could prevent them from communicating or understanding directions
- Do not speak English



This study involves:

- 2 Sessions in the laboratory located at 65 Bergen Street, Newark
- 12 or more yoga sessions A) in person at the laboratory **OR** B) in your home with the yoga teacher interacting with you via a live video chat on your computer
- Time commitment= 8 weeks

There will be \$50 compensation at the completion of the study.



INTERESTED? Want to Learn more?

Please CONTACT:

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APPROVED**

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