

This project aims to evaluate children's ability to pay attention, manage stress, and control impulses using a combination of biological and behavioral measures including electroencephalography (EEG), a minimally-invasive form of functional brain imaging, biomarkers of stress found in saliva and parental surveys.

The goal of the research is to determine which measures are most useful in measuring small differences in developing children and in measuring the effects of mindfulness programs and activities.

The principal investigators for this study are: Dr. Jeanne Brooks-Gunn & Dr. Karen Froud, leading researchers in child development and neuroscience. The research team are all trained EEG researchers with extensive experience working with children and adults.

The Teachers College Institutional Review Board (IRB) has approved this study; IRB protocol number 14-205.

TEACHERS COLLEGE COLUMBIA UNIVERSITY
INSTITUTIONAL REVIEW BOARD
Protocol # 14-205
Consent form approved until 4/10/2015
IRB Signature SH-KK

CONTACT INFORMATION

If you have any questions related to the study or your child's eligibility you can contact the research team

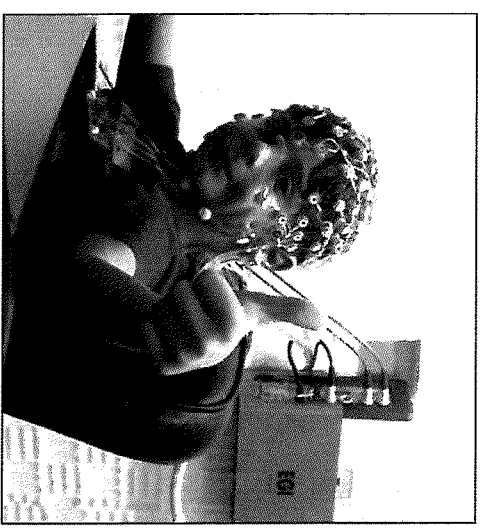
ncllab@tc.columbia.edu
(212) 678-8169

If your child is interested in participating in this research, scan the QR Code or visit <http://j.mp/Pv95jV> to fill out the participant questionnaire.



Teachers College is located on the Upper West Side of Manhattan on 120th Street between Broadway and Amsterdam Avenue. (525 W.120th Street, NY, NY 10023). The College is easily accessible by subway or car. Once you are enrolled in the study we will provide more detailed transportation information.

STUDY OF CHILD ATTENTION & MINDFULNESS PRACTICES



This unique project is a multidisciplinary collaboration of the Neurocognition of Language Lab (www.tcc.edu/neurocog) and the National Center for Children & Families (www.policyforchildren.org) at

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Time Commitment

Approximately 2 hours, including some break time.

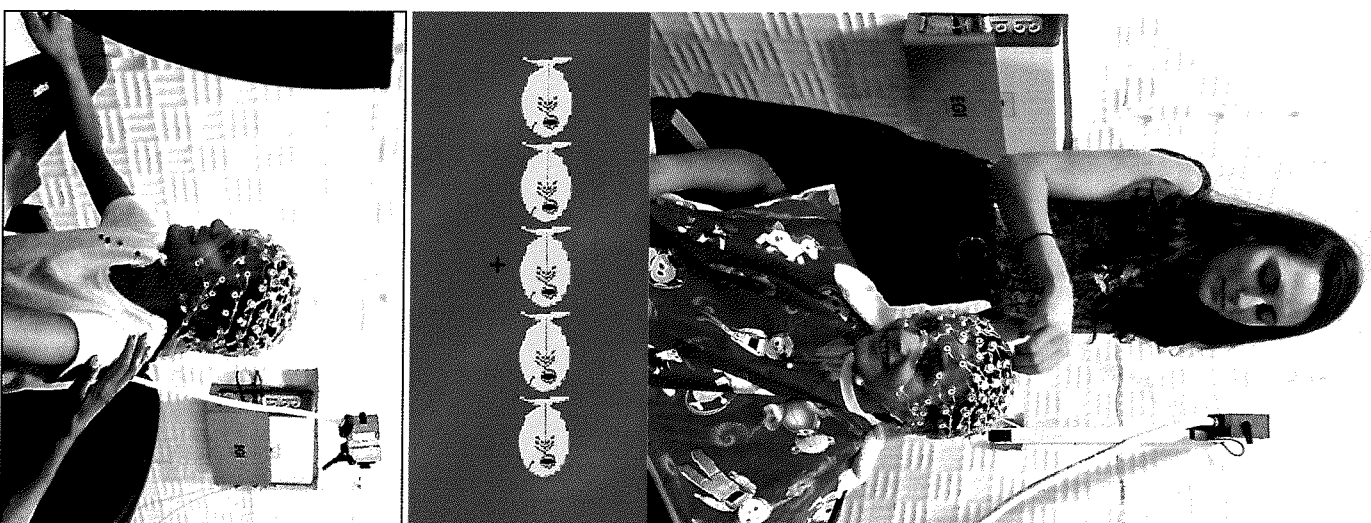
What will I / my child be asked to do?

Orientation: We will begin by introducing you and your child to the research team and the lab equipment.

The Experiment: Your child will be given a basic vision screening. We will collect the first of four saliva samples by asking your child to put an absorbent swab under their tongue. We will place a net of EEG sensors soaked in a saline solution on your child's head. Your child might be nervous about the having the EEG net on his/her head. We emphasize that it doesn't hurt and we take steps to make your child as comfortable as possible during all parts of the experiment.

With the EEG net on, your child will complete a computerized task (pictured, below) that assesses their attention while we record his/her brain activity. The task will be presented in 7 minute blocks with breaks in between. Your child may become bored with the task, but we will offer incentives and encouragement to help your child complete the task.

Parental Questionnaire: While your child is completing the EEG task we will ask you to complete a computerized survey about your child that will take approximately 15 minutes.



Benefits of Participation / Travel Reimbursement

There are no direct benefits to you or your child for taking part in this study. We provide reimbursement for your time and travel costs of \$50, and each child who completes the experimental activities will receive a toy and a special Junior Neuroscientist certificate.

Potential risks of participation and how we protect your child

There is always a risk in taking part in research. For this study, we use the safest methods available for measuring brain activity. Our equipment is safety-rated to worldwide standards and is often used on small children, even newborns. We keep our equipment very clean, and use hospital standards to disinfect and maintain equipment. Your child might find the net a bit uncomfortable at first, but we are very experienced in working with children and we know that they usually adjust very well. Your child might find some of the tasks boring, so we build in breaks for games and snacks, and will allow you to be present with your child the whole time.

Privacy Protections

We take the privacy of you and your child very seriously. Your child will be assigned a code number and all data will use ONLY the number. We store information in locked file cabinets and on secured computers and servers that can only be accessed by the research team.

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INSTITUTIONAL REVIEW BOARD

Protocol # 14-205

Consent form approved until 4/16/2015

IRB Signature

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