



## **Self-Compassion and Well-Being: A Virtual Program for People Experiencing Post-COVID Brain Fog, Memory or Concentration Difficulties**

We are currently recruiting for a new study called “Self-Compassion and Well-Being: A Virtual Program for People Experiencing Post-COVID Brain Fog, Memory or Concentration Difficulties”.

We are looking for volunteers who experienced self-reported brain fog, memory or concentration issues that occurred after an infection with COVID-19 to participate in a study looking at how the practice of self-compassion might help emotional recovery. Adults who have access to a smartphone and are under the care of a family doctor are invited to participate.

As a participant in this study, you would be asked to: answer questionnaires about yourself and your health status before joining the study, at the end of the study, and three months later. This should take about 30 minutes; attend 8 one-hour virtual sessions facilitated by a professional self-compassion trainer; and download an app containing podcasts and activities related to self-compassion which can be used as much as you like. You would also have access to a resource manual which provides different activities that supplement the other activities. At the end of the 8 weeks, there will be a one hour focus group to help us evaluate the program.

For more information about this study, or to volunteer for this study, please contact KC Hall, Ph.D. (Cand.) Research Assistant via email [kelly.hall@usask.ca](mailto:kelly.hall@usask.ca).

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board #3472.