



Call for volunteers to complete a questionnaire

Date:	5th September, 2009
Full Project Title:	Freedom and Conditionality; analysing psychological and yogic models of freedom
Principal Researcher:	Karen Lane
Student Researcher:	Jane Wiesner

You are invited to participate in a survey

My name is Jane Wiesner and I am a PhD student at Deakin University in Melbourne. As part of my PhD research I have prepared a questionnaire. I am seeking participants who are at least 18 years of age or older. This study aims to gain information relating to emotional responses and their influence on an individual's well being. The goal of this research is to contribute to the body of knowledge dedicated to the quest for good health. Your participation will make a valuable contribution to studies into the quality of human life.

Project

In Classical Yoga (circa 150 CE), there is a concept known as *kleśas*. *Kleśas* are unhelpful cognitive-emotive activities – troublesome emotional reactions. *Kleśas* (usually translated as 'causes-of-affliction') describe what ancient yogis call the 'sources of our troubles'. One could think of *kleśas* in terms of anxiety-based emotions that are unhelpful to an individual's state of mind (hence, the reference to 'affliction'). *Kleśas* are said to give rise to mistaken or erroneous views of things – they alter our perception of the world. The questionnaire is designed to explore this concept of *kleśas* in order to understand their effect on our lives. I would be grateful if you would assist me by sharing your experiences and opinions.

Plain Language Statement

Interested parties will be provided with a 'Plain Language Statement' prior to deciding whether to participate.

Completion of this questionnaire should take approximately 30 minutes. Participation in any research project is voluntary. If you do not wish to take part you are not obliged to. No physical or emotional risks are anticipated, however the questionnaire does include questions relating to your emotional responses. At all times, you are free to refrain from answering any of the questions, whether on the questionnaire or in person, and to cease answering any questions altogether if at any time it causes you emotional discomfort. The Human Research Ethics Committee of Deakin University has approved the ethics aspects of this research project.

Participants in the questionnaire process will also be invited to clarify their answers in a follow up interview. **This is completely optional.** Should you wish to become involved in the interview phase any personal details you provide will be coded and kept separately from the transcripts – these will be deidentified after transcription and only deidentified material will be used in publications, other reports and the thesis itself. After the interview the transcript will be given to you for editing and final consent.

The questionnaire is anonymous and no individual identifying information (e.g. names or contact details) is requested. The results of the survey will be published and will be available on Deakin University's website.

To take part in this study please email jlwie@deakin.edu.au or phone me on 0418 379 949. **If you know any people who might like to participate in this study please pass my details on to them.** Thank you again for taking the time to read this. I look forward to your participation.

Kind regards,

Jane Wiesner