

DO YOU HAVE DYSLEXIA?

We want to understand how your dyslexia impacts you

About our study:

- You will complete a four-week digital mindfulness intervention
- Upon completion, you will have an interview with the researcher
- All information will remain completely confidential
- You will be given a shopping voucher to thank you for your time



Criteria:

- You must be over 18 years old
- Either diagnosed with dyslexia after your 18th birthday or self-identify as dyslexic
- Have access to a smartphone to download a free mindfulness app
- Must speak English fluently and live in the UK

Doctorate of
Clinical
Psychology -
Supervised by
Dr Louise Gates

**Interested in taking part or have
any questions?**

**Please contact Imogen Swann
(Trainee Clinical Psychologist)**

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**University
of Exeter**