

## Information on the Relaxation Research

[Joan Wright & Associates](#) in collaboration with [The University of New Brunswick](#) (Saint John and Fredericton) and the [YMCA of Fredericton](#) are soliciting volunteers to participate in a research project that will assess how two different forms of stretching exercises impact the relaxation response. One type involves stretching/tensing the muscles followed by a rest period. The second type involves stretching/tensing the muscles, followed by a natural and mild vibration of a leg muscle followed by rest. When the psoas muscle, which is a 13" long muscle anchored in the inner thigh and attaching to the bottom 5 vertebrae, is stretched, a natural vibration results.

We will be asking you to fill out a screening questionnaire to assess your level of tension and stress and a medical questionnaire to assess your physical ability to participate. Following this, you may be assigned to one of the two groups. If you are able to participate, you will be asked to come to five nightly sessions and be led through the exercises. You will be asked to wear a heart rate monitor on your wrist during the sessions so that we can measure your heart rate before and after you do the exercises. Heart rate is a good indicator of how tense or relaxed we are. We will also ask to take your blood pressure before and after each session. In addition, before session 1, after session 3 and following session 5, you will be asking you to fill out another questionnaire that will assess your stress. The exercises and filling in the questionnaire will take approximately 1 hour and 15 minutes of your time.

To insure consistency of presentation of the exercises, we will be videotaping the sessions from the front of the room directly facing the leader so that only the leader is videotaped.

Participation is strictly voluntary. You may withdraw at any time. Confidentiality of all results will be preserved during, as well as after, the study. You will only be identified by a number for the purposes of the research to protect your identity. The research results will be kept in a locked filing cabinet for five years after the termination of the study and destroyed thereafter. We are interested in group results only. That is, results will be averaged over all the participants in this study.

Your participation in this study is most appreciated. Should you have any questions, or would like to volunteer to participate, you may contact Dr. Joan Wright at [joan@joanwright.ca](mailto:joan@joanwright.ca) or 506 454-7430.

