

BIKRAM YOGA –MILITARY STRESS STUDY

Hello- My name is Brenda Mueller. I am a doctoral student working on my dissertation research project, which will look at the effects of Bikram hot yoga on military-related stress. You are eligible to participate in this study if you are active duty, reserve, or former United States military and you practice Bikram hot yoga. All that will be asked of you is to complete an online questionnaire, which should take about 20 minutes. Your responses will be anonymous and confidential; I will not ask for any identifying information. Your participation may help researchers gain important information regarding effective treatments for military-related stress.

To participate, please click the following link or copy and paste into your browser:

https://alliant.qualtrics.com/SE/?SID=SV_7ZGMjSCxqHJCvli

If you have any questions about this research project, please do not hesitate to contact me at bmueller1@alliant.edu.

Regards,
Brenda Mueller, M.A.
Principal Researcher