

## **Feasibility of using a meditation mobile app to reduce stress in middle-aged women.**

In this study we propose to determine the feasibility of a daily meditation mobile app intervention to reduce stress in middle-aged women. We will use an already existing mobile app that is available to the public. We hypothesize that the daily meditation mobile app will be acceptable, demanded, and practical.

**Aim #1:** Develop and customize a 12-week, daily meditation mobile app intervention for the reduction of stress in middle-aged women. In the first year we will use an evidence-based, iterative design process (i.e., focus groups) in a small sample of middle-aged women with elevated stress with and without a current meditation practice to develop the daily meditations.

**Aim #2:** Develop an appropriate control group for the intervention.

**Aim #3:** Investigate the feasibility (i.e., acceptability, demand, practicality) of a 12-week meditation mobile app intervention among middle-aged women with elevated stress. Acceptability: adherence to daily meditation, satisfaction, perceived appropriateness, intent to continue to use. Demand: reach/recruitment, attrition. Practicality: ability to perform/comply with all parts of the intervention, demonstrate a clinically meaningful reduction in stress.

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