

## Attestation of Suitability to Participate in Research Study

Patient name: \_\_\_\_\_

The person listed above wishes to participate in a qualitative study on how people use mindfulness meditation and Buddhist psychology and philosophy to recover from bipolar disorder. The study entails a 90-minute interview in-person or via teleconference and an optional 15- to 30-minute telephone verification interview. During the interview, participants will be asked questions about how they used mindfulness meditation and Buddhist psychology and philosophy to recover from bipolar disorder, obstacles and benefits they experienced, and what recovery means to them.

Psychotherapist referrals are available to participants if they experience adverse effects due to study participation. In order to reduce risk to participants, they are being asked to provide an attestation from a psychiatrist that they are stable enough to participate in the study. Interview questions are available for your review upon request. If in your professional judgment you agree that this patient is stable enough to participate in this study, please initial and sign below.

\_\_\_\_\_  
*Initial  
here* In my professional judgment, the patient named above has previously met criteria for bipolar disorder and, if they maintain the treatment regimen we discussed, is sufficiently stable at this time to participate in a qualitative research study entitled "How people use mindfulness meditation and Buddhist philosophy and psychology to recover from bipolar disorder."

Clinician Name: \_\_\_\_\_ Date: \_\_\_\_\_

License number: \_\_\_\_\_ State: \_\_\_\_\_

Signature: \_\_\_\_\_

Provider, thank you for supporting this research project. Please use this HIPAA-compliant secure upload link to submit this form: <http://www.brilliancyresearch.com/uploads/> . Alternatively, fax it to 971 999-0678 or mail it to Brilliancy Research, Attn: Sasha Strong, 4531 SE Belmont St, Suite 316, Portland OR, 97215. Please contact researcher Sasha Strong at [sasha@brilliancyresearch.com](mailto:sasha@brilliancyresearch.com) or 971-279-7261 if you have any questions.