



# Stressed?

**Have you been affected by any form of domestic violence in the past?**

The University of South Australia and the Adelaide Southern Regions Transcendental Meditation® Centre are inviting women to participate in an exciting new study to test the effectiveness of two approaches to stress reduction.

The 16-week study, called Strengthening the Inner Woman, will compare the effectiveness of group support (group discussions facilitated by a qualified social worker) and the Transcendental Meditation® technique (a simple relaxation technique taught by qualified instructors), as ways to improve stress levels, mood and quality of life in women.

**Sessions will be held at Hackham West, South Australia. Participants will receive a small honorarium for their time.**

**Starting date: February 10th, 2021**

Participants will be required to attend every group session and complete a questionnaire at the beginning, middle and end of the study.

**For more information, visit the ['Strengthening the Inner Woman' Facebook group](#).**

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*This study has been approved by the University of South Australia Human Research Ethics Committee.*

