

AWARE BREATHERS STUDY



INFORMATION SHEET

Life of Breath: Study of aware breathers and breathing techniques

Thank you for your interest in this project.

This project aims to explore the experiences of 'aware breathers', and look into breath management and breathing techniques in order to understand what is like to breathe and live with breathlessness.

Investigators: Dr. Andrew Russell, Mary Robson, Dr. Rebecca Oxley, Dr. Arthur Rose, Prof. Jane Macnaughton

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Who would we like to work with?

We would like to work with groups as well as individual informants who volunteer to participate in the study.

We would like to include fitness groups, vocal or musical groups and/or support groups for those who experience breathlessness and lung disease.

Individual informants will include health and allied professionals, those who experience breathlessness, or engage in breath management or breathing techniques, and carers of those living with breathlessness. All informants must be aged 18 years or older. No remuneration or compensation is offered with participation in this project.

What might participants be asked to do?

Groups who would like to take part in the project might not be asked to do anything differently, other than be happy for your meetings to be observed.

For those informants/group members who would like to take part in the project, you might be asked to engage in a discussion, interview, or other activity that might encourage reflection and discussion of your experiences, and provide a further insight of what it is like to breathe and/or live with breathlessness

All activities will take place with participant consent. In some cases, you might decide to participate in a certain activity but not another. Activities might be filmed or recorded on audio tape, but we will also ask your consent to do this. Activities can take place at the site your group usually meets, at your home, or at another mutually convenient location.

Please be aware that that you will be able to withdraw from the project at any time and without any disadvantage.

What will happen to project results?

Results of the project will be shared with you, and may be published or presented in a variety of media that align to the aims of the project. Individual information will automatically be anonymised, unless informants would expressly like to be identified, although names of organisations, groups or occupations may be identified.

Life of Breath project

This project is part of a larger five year project, Life of Breath, funded by the Wellcome Trust, awarded to Prof. Jane Macnaughton from the Centre for Medical Humanities and School of Medicine, Pharmacy and Health at Durham University, and Prof. Havi Carel from the Department of Philosophy at the University of Bristol. The project examines historical, philosophical, cultural and anthropological aspects of breathing and breathlessness.

More information about the Life of Breath project is available via the website www.lifeofbreath.org. If you have any questions about the Life of Breath, please email mail@lifeofbreath.org