

Parkinson's Disease Research Study

Do you have Parkinson's Disease? Do you feel anxious at times? Anxiety is one of the most common non-motor symptoms experienced by people with Parkinson's disease and it can significantly impact quality of life. If you are **between the ages of 40-80, have Parkinson's disease, and experience anxiety**, you are invited to take part in this research study.

Dr. Victoria Holiday and Dr. Kathrin LaFaver at the University of Louisville Physicians Movement Disorder Clinic are conducting a research study to determine if mindfulness and attention to breathing can improve anxiety symptoms in people with Parkinson's disease.

What is Mindfulness? Mindfulness is the practice of being fully present in the moment without being overwhelmed by what is going on around you.

This study will use the commercially available Spire activity tracker. This device clips on to your clothing and tracks your breathing rate and activity throughout the day. At the end of the study, you will be able to keep the tracker for personal use.

For more information, email or call **Diksha Mohanty** or **Anushree Lingaiah** (Research Assistants) at University of Louisville Physician's Movement Disorder Clinic at d0moha04@louisville.edu or a0ling01@louisville.edu or 502-582-7654.



Spire tracker.