

Research Assistant in Mindfulness Project at Cambridge Health Alliance

The Cambridge Health Alliance (CHA) Center for Mindfulness and Compassion (CMC) affiliated with the Harvard Medical School Department of Psychiatry seeks a research assistant for a large-scale implementation project to integrate mindfulness into primary care. The research assistant will be involved in helping conduct a clinical trial studying the effects of mindfulness training on patient and provider well-being. The CMC aims to bring mindfulness directly into the healthcare delivery system by offering mindfulness training to CHA primary care health centers located across 5 Metro-North Boston cities, including Cambridge, Somerville, Malden, Everett and Revere.

This is an exciting opportunity to participate in the integration of mindfulness training across primary care sites at CHA. This position offers the opportunity to learn about rigorous clinical research procedures and analysis in a clinical trial while gaining experience working with primary care patients. This position is for 10 hours a week, consisting of either two evening shifts from 4-9pm **or** one day and one evening 4-9pm shift. During the evening shift, the research assistant will help support and observe one or more mindfulness training groups for CHA patients each week, with the opportunity to participate if desired.

Responsibilities include: 1) assisting mindfulness group leaders, the research coordinator, and program manager in preparing, transporting, and handing out materials for patient groups; 2) assisting patients with survey batteries administered on tablet computers; 3) entering participant data into a secure, confidential website. Required skills include: 1) Excellent interpersonal skills; 2) Enthusiasm and willingness to problem-solve; 3) Strong organizational skills and attention to detail; 4) Basic proficiency with Microsoft Office; 5) Basic experience using iPads and computers; 6) Ability and interest in working on a team; 7) Ability to work independently.

Basic knowledge of research and evaluation methods is preferred. Curiosity and enthusiasm for the research topic as well as experience in mindfulness, integrative medicine, and/or meditation research preferred. Excitement to learn highly encouraged. Regular access to a car for transportation to local health centers is encouraged.

Start date is early September. To apply, please contact rgawande@challiance.org.