

Research questions and hypotheses

This research protocol will allow for preliminary answers to the following research questions:

1. Is the protocol is feasible, implementable, and safe under real-world conditions when working with a non-clinical population?
2. Does a darkness retreat experience result in reduced levels of anxiety, negative affect, worry, and rumination, along with greater positive changes in psychological functioning—especially in attention, mindfulness, cognitive flexibility, emotion regulation, and a sense of meaning in life?
3. If positive changes in psychological functioning are observed, are these changes less pronounced in participants undergoing three (vs one) psychological consultations per day?
4. If positive changes in psychological functioning are observed, will they be lasting—that is, will they be maintained for six months after the experience ends?
5. Do individual traits, such as readiness for change and expectations regarding the experience, modify the immediate effects of participating in a darkness retreat?
6. Does client satisfaction with intervention moderate the effects of participating in a darkness retreat?