

We are looking for Participants:

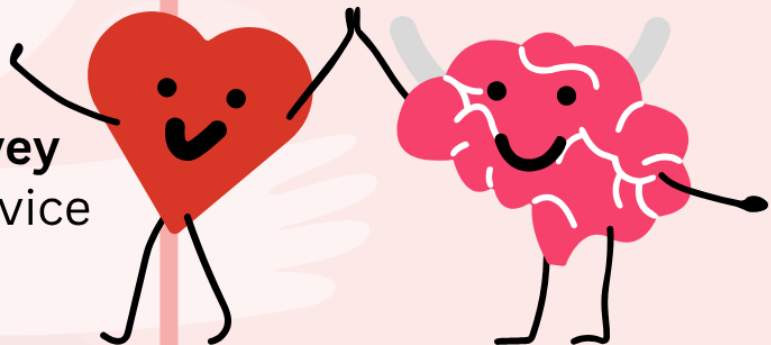
- **aged 45–75** living in the UK
- **with or without** a history of **high blood pressure/hypertension**

The HARMONY Study explores how heart, mind, and mood interact.

HARMONY study

What will you be doing?

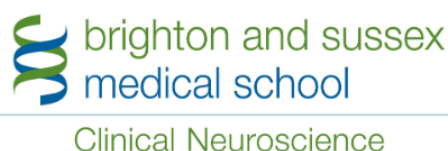
- Completing an **online survey** on your own electronic device (~ 25 minutes)
- **Visiting the lab** at Trafford Centre and taking part in engaging tasks while we safely measure your heart rate and blood pressure. (~150 minutes)



**Step into a real
research lab
+
Receive £20 voucher**



Jingxian Huang PhD researcher at jh2154@sussex.ac.uk
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scan QR code to take part