Title of Study: Self-Compassion and its Effects on Stress Response

Experiment Open Date: Jan 25, 2016
Experiment Close Date: April 4, 2016

(IRB) Approval Number: 15-SS-143

Participation Credits: 2 credits
Time (duration): Approximately 20 minutes

Brief Description of Study: This study is examining the relationship between self-compassion, the ability to show compassion towards oneself, and ability to adjust to moderate physical discomfort. If you agree to participate you will do the following things: Fill out a questionnaire that assesses self-compassion Place your arm, to about wrist length, into a container of ice water (4° C or 39 ° F) for up to 3 minutes. Have some of your physiologic measures recorded by the experimenter including: Heart rate and blood pressure by means of an automatic blood pressure cuff. Report pain ratings on a scale from 0-100You may not participate if you have had a history of any of the following in the past year: high blood pressure, a chronic pain condition, any cardiovascular, seizure, neuroendocrine, respiratory, or gastrointestinal disorder, hepatic or renal impairment, or Raynaud’s disease.

Participation Criteria: Students over the age of 18 may participate in this study.

Location: The study will take place either room 339 OR 341 (depending on the day and time) on the 3rd floor of the Social and Behavioral Sciences Building. Please sign up for a time on the sign-up sheets, and please note which of the rooms you should go to. The study is only being conducted at specific times.

Researchers: Dr. Shannon McGillivray (psychology department) Parker Hughes (psychology student) Tahne Vongsavath (psychology student) Tyson Bryant (psychology student)

Questions? Please contact Dr. Shannon McGillivray at smcgillivray@weber.edu if you have questions. Please include the Study Number in the subject line of the email.