Title of Study: Physical Health Effects on the Stress Response and Cognitive Functioning

Experiment Open Date: November 6, 2017  Experiment Close Date: December 1, 2017

(IRB) Approval Number: 17-SS-226

Participation Credits: 4 credits

Time (duration): Approximately 60 minutes

Brief Description of Study:
Participants will complete everything at their discretion. They will read and agree to the informed consent form. Participants will complete a series of working memory tasks. They will then complete a filler task which consists of reading a brief paragraph and answering questions regarding the reading. Participants will then complete the PHQ-15 questionnaire addressing their physical and overall well-being and the PHQ-9 questionnaire addressing their psychological well-being, as well as a stress scale scoring major stresses they have recently experienced. Participants will then be exposed to a physical stressor i.e. ice bath, and then be asked to complete the same series of tasks again. They will end the study by answering questions testing their memory recall regarding the reading that was provided in the filler task.

Participation Criteria
Students between the ages of 18 to 65 may participate in this study.

Location
The study will take place in rooms 118 and 129 in the Science Lab Building.

Researchers:
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Questions:
Please contact Dr. Aaron Ashley at aaronashley@weber.edu if you have questions. Please include the Study Number in the subject line of the email.