# Dissertation Cortisol Samples Codebook

For each week, participants were provided with the cortisol “kits” that contained 5 color-coded salivettes and a sheet that contained instructions and a spot to log their collection time points. Below is a copy of the instruction sheet.

**Before beginning the collection process:**

• Do not eat or drink things, like orange juice.

• If possible, rinse your mouth out with tap water. Then swallow once or twice to get rid of the remaining tap water (and food) from your mouth.

• Do not take a sample of saliva after brushing your teeth.

• If you miss a sample, please use the collection tube that is appropriate for the current time and tell the research staff which sample you missed.

• If you miss the first two samples, please do not collect samples for the rest of the day and start collecting saliva the next day.

**Collection Steps for Each Sample:**

1. Remove both the stopper and the Salivette swab from the vial without using your hands and place the swab in your mouth.

2. Chew on the Salivette swab several times, it is very important the swab be completely soaked with saliva.

3. Place the saturated swab back into the vial without using your hands and close the vial with the stopper.

4. Store the sample tube in the refrigerator until the sampling period is finished. If you are not at home, please take the Salivette device with you and collect the sample at the correct time, then refrigerate the sample when you get home.

5. Please bring the sample kit bag back to the lab to receive the gift card. You can schedule a drop off time by emailing Bryanna at Bryanna.Scheuler@utsa.edu

**Collection Schedule**

**Red**: *Immediately* after waking (before getting out of bed)

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Blue**: 45 minutes after waking

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Green**: 8 hours after waking

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Brown**: 12 hours after waking

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pink**: *Immediately* before bed

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The day after completing the cognitive task, participants collected their saliva at the 5 timepoints, then refrigerated the samples until they could be brought back to the Houpt lab. These timepoints were logged in an Excel file, to be shared with Dr. Chen, when he begins sample analysis.

**December 19, 2024**

* **Excel File Created** for hand entering self-report forms
  + File name: CortisolTimes
* Column A is named ‘Participant’ and Column B is named ‘Week’ so that each participants data can be entered throughout 3 rows (1 row for each week). Participants were added to the following rows (with Column B designating Week 1, 2, and 3, consecutively).
  + Rows 2 – 4: Redwood
  + Rows 5 – 7: Granite
  + Rows 8 – 10: Glacier
  + Rows 11 – 13: Horizon
  + Rows 14 – 16: Starlight
  + Rows 17 – 19: Marigold
  + Rows 20 – 22: Solstice
  + Rows 23 – 25: Prism
  + Rows 26 – 28: Cascade
  + Rows 29 – 31: Meadow
  + Rows 32 – 34: Eclipse
  + Rows 35 – 37: Quartz
  + Rows 38 – 40: Tundra
  + Rows 41 – 43: Harbor
  + Rows 44 – 46: Obsidian
* Columns C was renamed ‘AtAwake’ to denote the first timepoint
* Column D was renamed ‘45min’ to denote the second timepoint
* Column E was renamed ‘8hours’ to denote the third timepoint
* Column F was renamed ‘12hours’ to denote the fourth timepoint
* Column G was renamed ‘BeforeBed’ to denote the fifth timepoint
* Column H was renamed ‘Notes” to add any comments/ concerns that participants or the researcher thought pressing
* The participants timepoints were entered into the respective cells in military/ 24 hour time (This is an ongoing process, and continues to be updated as participants return their samples)