***Is it Really a “Gut Feeling”?***

It is no surprise that often people experience strong emotional responses as a “gut feeling”. However, gastrointestinal motility has scarcely been studied as a measure of emotional arousal. This study will explore the relationship between gastrointestinal activity and emotions utilizing electrogastrography (EGG).

In this study we aim to establish a relationship between emotionally arousing stimuli and the EGG response, as well as investigate the individual differences that might influence the EGG response to stress (such as early life stress, current stress, trait variables, etc.) through a series of surveys and questionnaires. Finally, we aim to explore how the EGG response coincides with other physiological indices (such as heart rate, or ECG, and sweat response, or GSR).

This study consists of three emotionally arousing movie clips which last for twenty minutes each followed by a subjective Positive And Negative Affect Schedule (PANAS) questionnaire which is used as a manipulation check to ensure the movie clips are evoking the intended emotion. Participants will be wearing a series of wireless physiological sensors while watching a series of sad, scary, and neutral movie clips. The physiology recordings are received through a BIOPAC. Participants will also complete a range of questionnaires assessing social and emotional functioning, physical health and current physical symptoms, as well as early life adversity assessments. Past research has determined that these factors have been previously associated with differences in the gastrointestinal microbiome which contributes to gastrointestinal activity and distress (Callaghan et al. 2019).

This study is sponsored by Dr. Bridget Callaghan at UCLA’s Department of Psychology. We are providing you with this debriefing form to ensure that you are comfortable with the tasks that you participated in and that you learn from this experience. In its entirety, this experiment usually takes approximately 2 hours to complete, and you will receive experimental credit. Please do NOT discuss any aspect of this study with classmates. Ask the experimenter any further questions about your participation.

Please contact bablab.ucla@gmail.com for further questions. Thank you for participating.

References

Callaghan BL, Fields A, Gee DG, Gabard-Durnam L, Caldera C, Humphreys KL, Goff B, Flannery J, Telzer EH, Shapiro M, Tottenham N. Mind and gut: associations between mood and gastrointestinal distress in children exposed to adversity. *Dev Psychopathol* 28: 1–20, 2019. doi:10.1017/S0954579419000087.