

Research Volunteers Needed!

Are you interested in monitoring your daily stress and stressors via a smartwatch? If so, we need your help!

The Center of Excellence for Mobile Sensor Data-to-Knowledge (MD2K) team is conducting a fully virtual 100-day research study to identify stressors (precipitants of stress) using smartwatch sensors.

To participate, you will need to:

- Be a generally healthy adult
- Wear a study-provided smartwatch for 100 days and install a study-provided MOODS app on your smartphone
- Use the MOODS app daily to review detected stress events and recall the stressors
- Review the study-provided weekly visualizations showing patterns of your stress and stressors and complete weekly surveys

You will be able to keep the smartwatch if you complete the study.

If interested in participating, please visit

https://memphis.co1.qualtrics.com/jfe/form/SV_6PxNcOk83iga0R0

Please email moods@md2k.org with any questions