

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.

- Please visit <https://moods.md2k.org> for more info!
- If interested in participating, please complete the screening questionnaire linked here:
https://memphis.co1.qualtrics.com/jfe/form/SV_6PxNcOk83iga0R0
- Please email moods@md2k.org with any questions