

1 New approaches to teachers' experience of stress: Do
2 heart rate measurements with fitness trackers provide
3 an efficient, inexpensive, and robust measurement
4 method?

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7 **Abstract**

8 One or two sentences providing a **basic introduction** to the field, comprehen-
9 sible to a scientist in any discipline.

10 Two to three sentences of **more detailed background**, comprehensible to
11 scientists in related disciplines.

12 One sentence clearly stating the **general problem** being addressed by this
13 particular study.

14 One sentence summarizing the main result (with the words “**here we show**”
15 or their equivalent).

16 Two or three sentences explaining what the **main result** reveals in direct
17 comparison to what was thought to be the case previously, or how the main
18 result adds to previous knowledge.

19 One or two sentences to put the results into a more **general context**.

20 Two or three sentences to provide a **broader perspective**, readily compre-
21 hensible to a scientist in any discipline.

XXX In this proof-of-concept study, we aimed to advance the field of teacher
stress by collecting heart rate data with wrist-worn devices and testing a method-
ology that has the potential to provide more insights on the non-invasive assess-
ment of teacher stress. XXX

22 *Keywords:* heart rate; photoplethysmography; wearable electronic device;
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