**Session One Protocol for Women**

**Session 1: Women**

Preparation: Email girlfriend to set appointment time for session one (reminder-call/email 24 hours/before appointment)

Materials:

* Consent form
* Sign in Sheet
* LH-testing strips (10)
* Urine cups (5)
* LH-test instruction sheet
* Stapler
* Three surveys (relationship satisfaction, anxiety, & attachment style)
* Participant instruction sheet filled out with participant name + ID

Session Overview:

* Explanation + signing of consent form: 2-4 minutes
* Instructions for ovulation tests for women

Consent & Setup:

Before participant arrives, write couple ID (F\_) on surveys and on the instruction form they will be taking home. On arrival the research participant is welcomed outside the experimental rooms by the experimenter. Thank you for coming today (*their name*), please take a seat and make yourself comfortable. My name is (*your name*) and I am a Research Assistant at the Social Health Lab. I’ll be telling you what we will be doing today and taking you through the study. In order to keep everything consistent for all of our study participants, I’ll be reading most of the instructions off of this script.

First please put your name and date on this sign-in sheet here.

*Give them sign-in sheet*

Thank you! Now here is the consent form that we would like you to sign. Great! Now I’ll give you the consent form. Please look it over and let me know if you have any questions. Please sign one copy for us. We have extras if you want to take one home with you.

*Receive signed consent form and answer any questions****. \*\*Write Participant ID on Consent Form\*\****

*Give them the three surveys (Relationship satisfaction, attachment style, BFNE) to fill out.*

Please come knock on the door when you are done filling out the surveys.

We would like to thank you again for participating in our study. Your time and involvement is valuable to us. Our study is looking at the role of smell in romantic relationships and for this reason, your boyfriend has also been contacted for participation in the study.

For your part in the study, we will need you to come back into the lab when you are in a certain phase of your menstrual cycle. This is the phase directly after ovulation. So we need you to monitor your menstrual cycle using these ovulation strips.

*Hand them the LH-test instruction sheet, the strips, and the urinary cups while you begin to explain the procedures.*

These are ovulation test strips and they indicate when you are ovulating. Take the test each morning when you wake up. You should not have urinated 4 hours before you take your test. Also, for consistency purposes, try to take your test around the same time each day.

The strips are fairly easy to use. After urinating into these plastic cups, immerse the strip into the urine, but not past the line that reads MAX. Take the strip out after 3 seconds and lay the strip down flat. Make sure to stay in the area for at least 5 minutes and not walk away because the color may change after 5 minutes.

If you see the test line appear to be the same color and degree of pinkness as the Control line up here (*show them the example of a positive test as you speak*), then it means you have a positive test. If the test line is not yet the same level of darkness as the control, then it’s negative, and you need to try the test again the next day. Sometimes it may be hard to tell if the test line and the control line are the same color, so in that case just wait and try it again the next morning to make sure it is a positive result.

The instructions for the strip are also on the back of this package in case you need any clarifications.

In the case of a positive result, please email the lab right away! The instructions for writing the email are on this sheet. If you still don’t receive a positive result after all your strips are done, then please email us anyway and let us know.

Do you have any questions?

There are also a few more procedures we need you to follow.

The day before taking the strips (Until the day of your second lab visit) please DO NOT:

 Smoke cigarettes

 Smoke marijuana

On the day of your second lab visit

 please eat normally

 avoid eating greasy food.

For 2 hours before the study DO NOT:

 eat,

 drink alcohol

 drink caffeinated beverages (like coffee or coke).

It is vital to the success of our experiment that you follow these instructions, because not doing so may compromise our study.

**\*\*Do you remember the first day of your last period?\*\***

**Option A:** If the participant *does not remember* the first day of her last period or if the first day was *more than 10 days ago*, ask her to email us on the first day of her next period.

**Option B:** If the participant *can remember* the first day of their last period and it happened *less than 10 days ago*, subtract the number of days that have passed since the first day of her period from 9. Use this number to determine the date that the participant should start taking the strips. (See example below)

* *First day of participant’s period: 2 days ago*
* *9 – 2 = 7*
* *Add 7 days to the current date. Tell participant to start taking the strips on this date, and write it down on their take-home instruction sheet.*

We hope everything works out well and we look forward to seeing you soon. Thank you again for your time!

**\*\*If they are participating for Payment\*\***

You will be receiving your payment (40$) at the end of your second session, as well as transportation or parking compensation if you need it.

*Send them on their way AND a follow-up email!*