

30 Second Cold Pressor Procedure with Short PANAS/VAS 2

Put hand in ice water – You will get if you hold your hand in for 30 seconds.

- The water must reach up to your wrist (everyone put their hands up and show me where your wrist is). You must keep your hand open, not in a fist, and you must not touch the sides of the container or the metal divider. Towards the end of the 30 second period you will be asked to answer the questions on the screen in front of you. To answer the questions, use your free hand, which is not in the water. For each question indicate how you feel right now with your hand in the water.
- There is no risk of electrocution when putting your hand in water.
- The water you put your hand in may be cold. You do not have to keep your hand in the water if you do not want to, please pull your hand out slowly if you feel uncomfortable.
- Are you ready to begin? Please wait for my signal to start

60 Second Cold Pressor Procedure with Time Preference Questions

Put hand in ice water – You will get 100 KES if you hold your hand in for 60 seconds.

- The water must reach up to your wrist (everyone put their hands up and show me where your wrist is). You must keep your hand open, not in a fist, and you must not touch the sides of the container or the metal divider.
- There is no risk of electrocution when putting your hand, in water.
- While your hand is in water, you will be asked a series of questions asking you to choose between two amounts of money. There are no right or wrong answers, just choose which amount of money you prefer. The computer will randomly select one of your answers and this answer may be paid. So you should think about each question carefully.

The water you put your hand in may be cold. You do not have to keep your hand in the water if you do not want to, please pull your hand out slowly if you feel uncomfortable. If you pull your hand out before 60 seconds, you will not earn the 100 shilling bonus, but your other earnings will still be sent to you.