Protocol

# Supplies/Software needed

* Ice
* Fruit juice
* Printed version of Composite survey (I’ve already designed the composite survey that contains the appropriate content from the surveys we are testing)
* Stroop test (Digital)

# Procedure

1. The subject will be given fruit juice to drink beforehand to ensure that they are hydrated before the experiment. This procedure can reduce the risk of vasovagal stress responses in subjects who have not had anything to eat or drink all day at the time of the experiment.
2. Subjects will be assigned to read a short passage with subject matter that is either neutral, negative or inspiring. The neutral stimuli will consist of instructions on how to assemble a ship, the negative stimuli will consist of an article on the low probabilities of surviving a shipwreck, and the inspiring stimuli will consist of a newspaper clipping about a survival story of a shipwreck.
3. Subjects will put their hands in cold water and be told to remove their hands when discomfort begins. After 2 minutes, subjects will be told to remove their hands from the water, whether they experience discomfort or not.
4. Subjects will complete a composite survey that includes Ducksworth et al’s Grit-S survey and the Big Five Inventory (BFI; John and Srivastava, 1999).
5. Subjects will engage in a two minute long Stroop test on the computer.