

Standardized Performance Stress Test

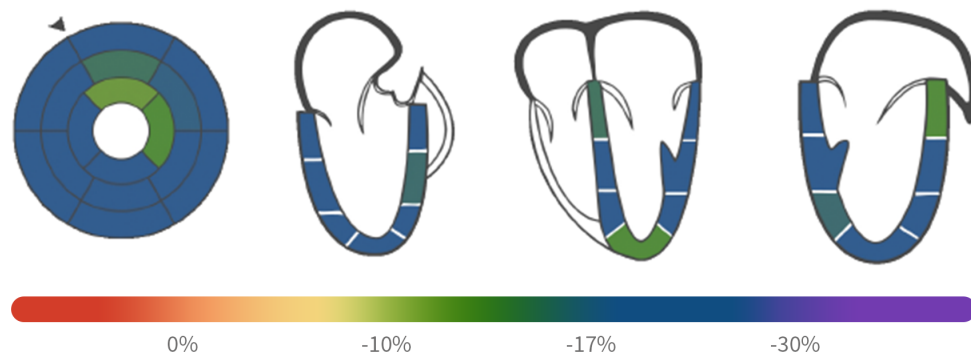


@cjlortie

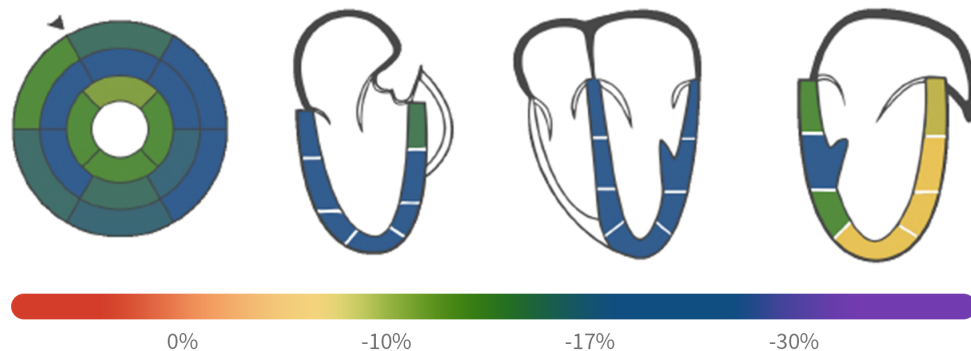
cardiac stress test



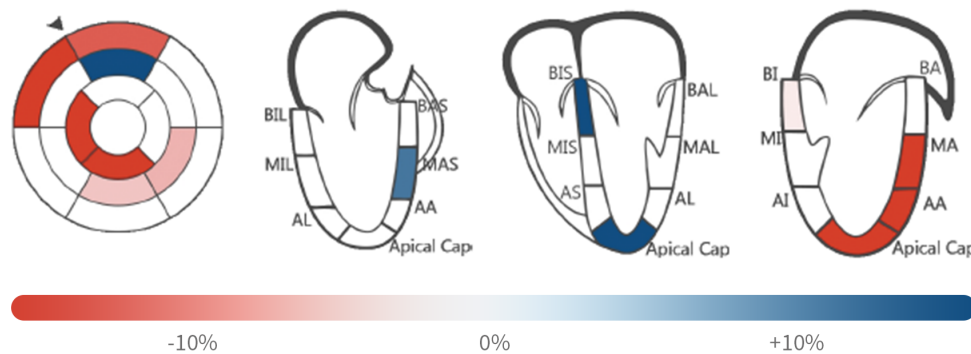
1 REST:



2 STRESS:



3 CHANGE:



heart rate
breathing
blood pressure
ECG

trier social stress test

YELLOW BLUE ORANGE

BLACK RED GREEN

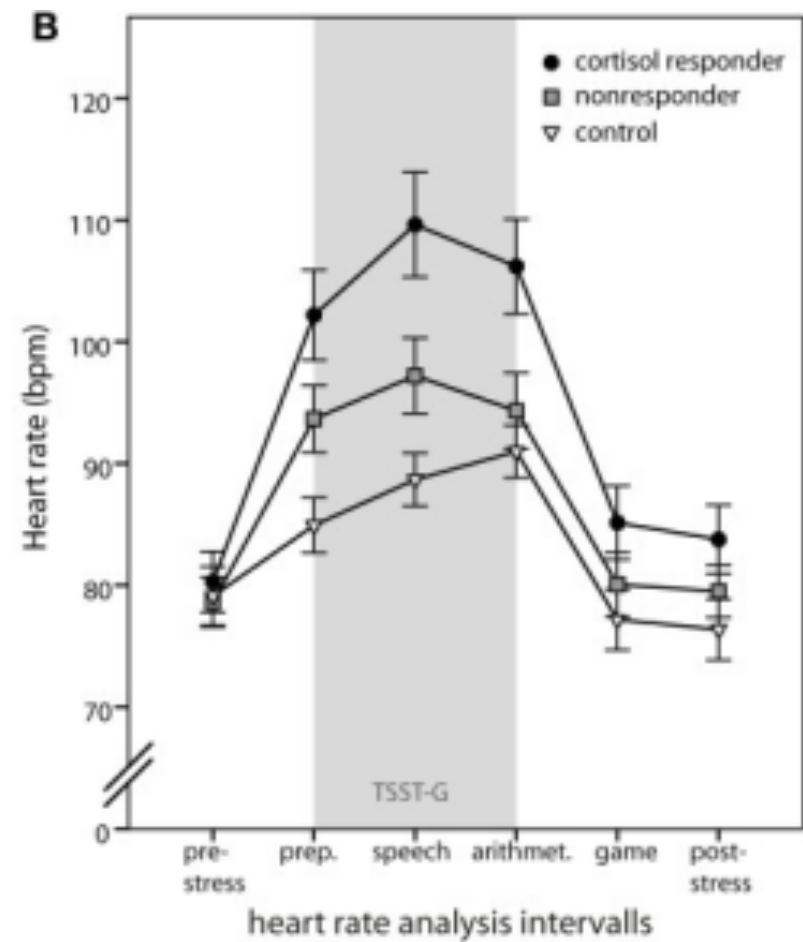
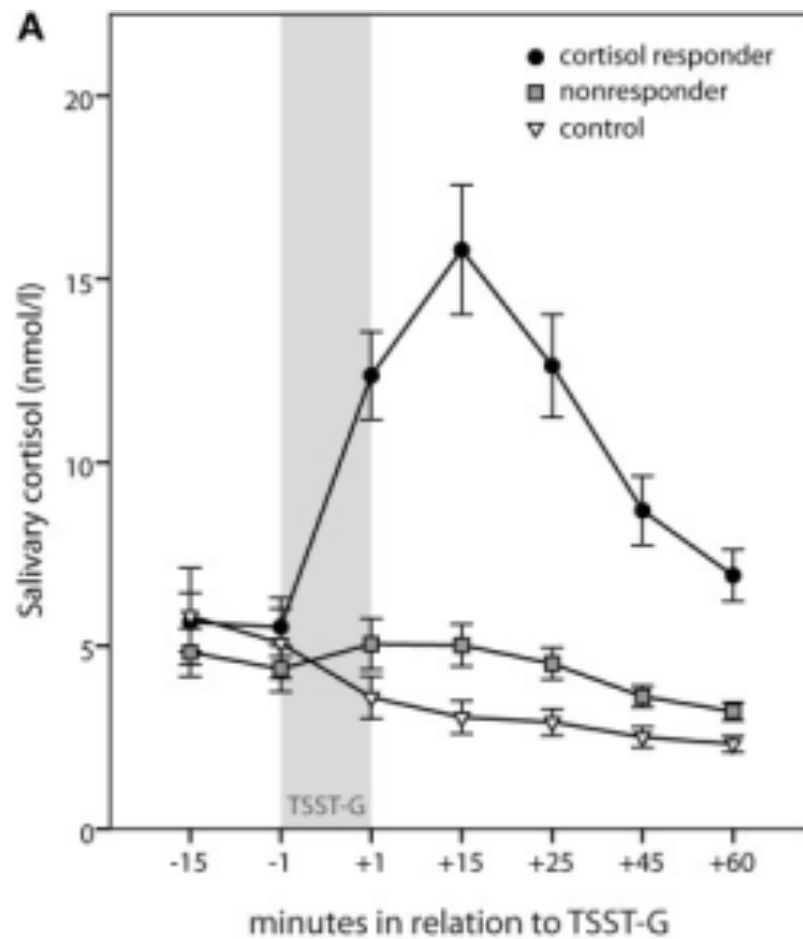
PURPLE YELLOW RED

ORANGE GREEN BLUE

BLUE RED PURPLE

YELLOW RED GREEN

> 400 studies published to date using TSST

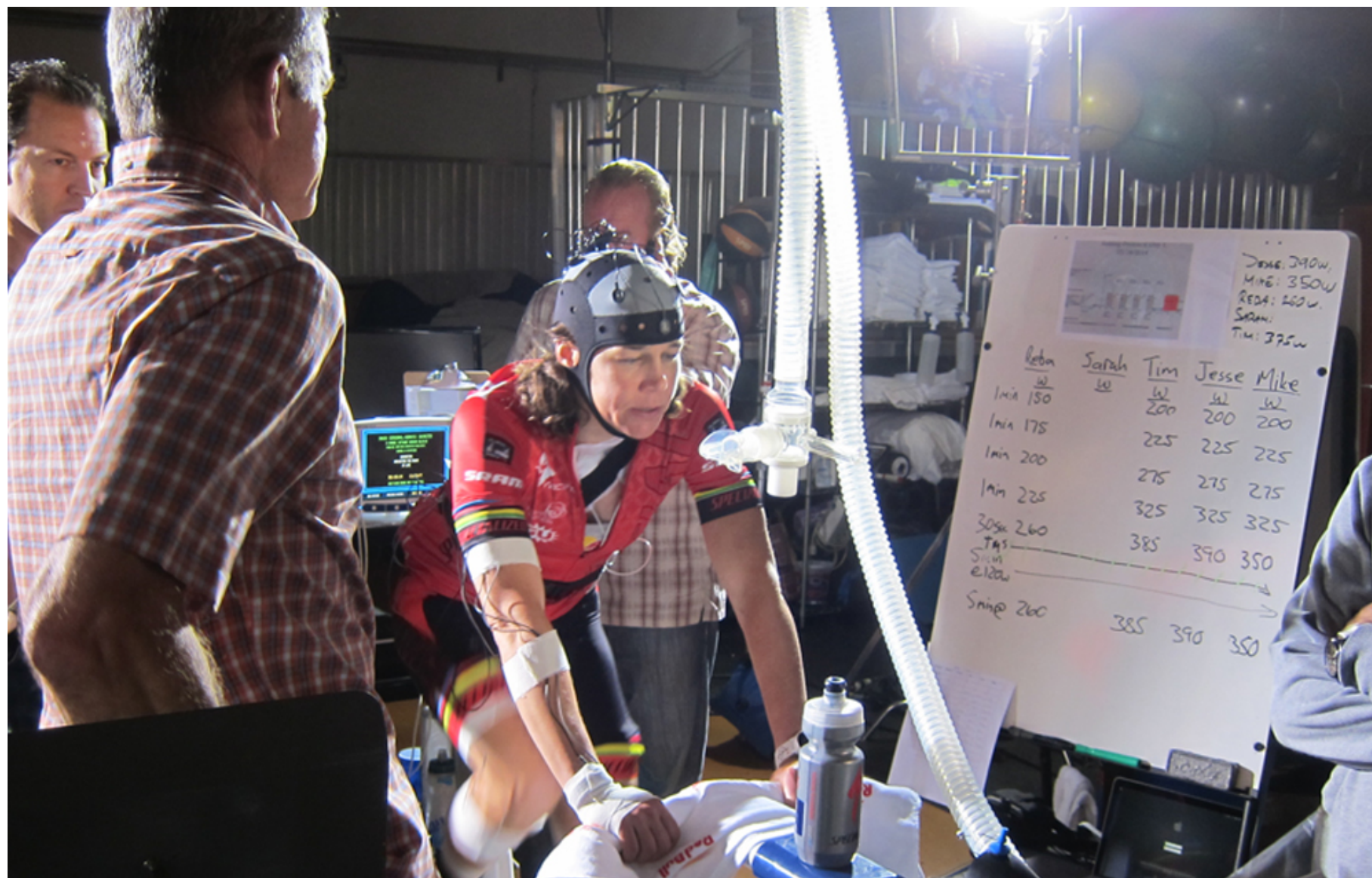


cortisol
 prolactin
 human growth hormone
 adrenocorticotrophic hormone
 heart rate

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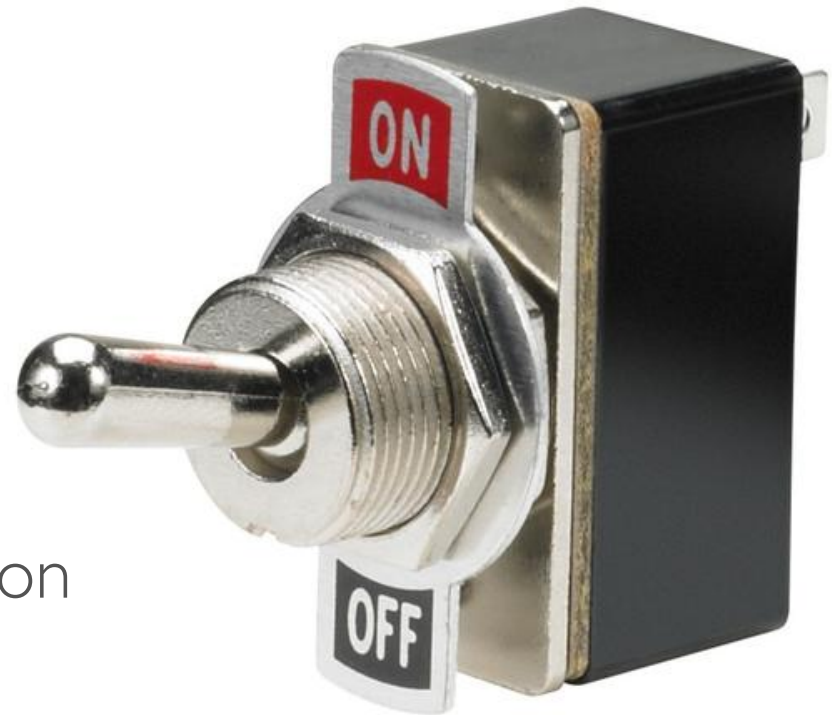


Judgement Day



SPST innovations

temperature
elevation/pressure/O₂
uncertainty
wait time
math
lab but with standardized complexity
appropriate central governor deception
visual cognition challenges



single-pole, single-throw



not a race
detailed data collection
longitudinal change
challenge component critical
not consistent training

practice training in uncertainty with directed biofeedback



use inconsistency to increase resilience, recovery, & induce stress response but use data to estimate changes in the consistency