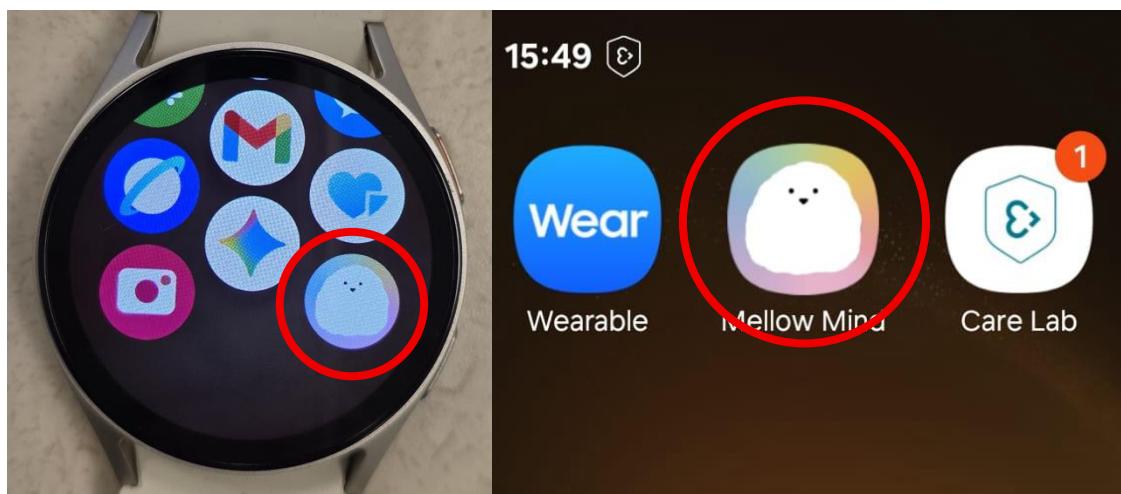


1) Preparation stage

One Galaxy Wearable Watch : Please use the watch labeled "right." Model number: 9J7V. This watch is paired with the Galaxy device labeled "RightM." Please use them together as a pair whenever possible.

Please wear the Galaxy Watch on your non-dominant wrist, even if it's labeled "right."

After launching the Molly app(Mellow mind) on the Galaxy Watch, please run the Molly app on the Galaxy phone.



Two Empatica plus : Right M : 3YK9T1L1H7 / Left M: 3YK9T1L1LC

When you add a participant to Empatica, make sure to capture the QR code and upload it to the link below. The QR code will disappear.

<https://docs.google.com/presentation/d/1SwUwAfTOzyZ2KoYiA6RHxuG51pC33SOpEXB2GNOPC6E/edit?usp=sharing>

*If a yellow (error) indicator appears in the Empatica Carelab app, restarting the Galaxy device may help.

Two Galaxy phone : Right M / Left M You can open the Molly app on either one.

1) Greeting and Overview

Hi, thanks for coming in. I'll briefly explain today's study, safety, and compensation. Please feel free to ask questions at any time during the session. This study is designed to understand how people's physiological signals such as skin conductance, heart rate, and temperature, change during different emotional or cognitive states.

You'll wear sensors on both wrists and complete a few short tasks, including writing, color-word, and math exercises, followed by a relaxation period.

Please feel free to ask questions at any time during the session, but during the rest periods, try to stay as relaxed as possible.

2) Consent Form

First, please read and sign the consent form. Ask me about anything that's unclear. You may stop participating at any time, and you will still receive the promised compensation.

- Consent form is Behavioral Research Lab(BRL)

3) Privacy and Data Security

We do not save what you type. We only collect typing dynamics such as speed and rhythm. The content itself is never visible to the researchers.

4) Pre-Session Check

In the past two hours, did you have any caffeine or alcohol?

Did you smoke or use any nicotine products?

If yes, please let me know. We may reschedule if needed according to the study protocol.

5) Device Setup (Both Wrists)

Today you'll wear devices on both wrists.

Please place Empaticas one finger above your wrist bone snug but comfortable, not too tight or too loose.

Please tell me which hand is your dominant hand.

Dominant : Empatica / Non-Dominant : Empatica & Galaxy Watch

Let me know right away if anything feels uncomfortable or too tight.

6) Connection and Signal Check

I'll now pair the devices with the phones and check that signals are coming in properly. This will take about 5–10 minutes.

*Connections can sometimes drop, so we may recheck and adjust if needed.

7) Baseline (Rest) Phase

We'll begin with a baseline measurement.
Please sit comfortably and remain still and quiet.
You can keep your eyes open or closed — whatever feels natural.
This will take about seven minutes.

8) Task Instructions (Three Tasks)

General rule: Please respond as quickly and accurately as you can, but your comfort comes first.

1. Descriptive Writing Task (Emotional Induction) - NEW SCARY MOVIE

Please write about a recent unpleasant or stressful experience within the time limit.
We won't read what you write — I'll only observe the timing and process.

2. Stroop Color-Word Task

Ask the participant to put their hands on their knees to reset.

You'll see words on the screen.
Respond with the **color of the ink**, not the meaning of the word.
Try to be as quick and accurate as possible.
If you make a mistake, you may hear a short buzzer — that's totally fine. Just keep going.

3. Serial Subtraction (Subtracting by 7)

Ask the participant to put their hands on their knees to reset.

Starting at **4000**, subtract **7** out loud as quickly and accurately as you can.
For example: 4000, 3993, 3986 ...
If you lose track, take a short pause and continue.

9) Molly

Ask the participant to put their hands on their knees to reset.

Click the screen to see what Molly task the participant should do.

Have the participant follow Molly to complete the task.

10) Relaxation Phase

After the tasks, there will be a **relaxation period of about seven minutes**.
Sit comfortably and focus on relaxing your breathing.

11) Wrap-Up and Compensation

That's all for today's session. And ask them to take the survey.
Data synchronization may take a few minutes after we finish.
Once that's done, we'll process your compensation.
The payment will be sent within **2–3 days** after you complete the payment information form.

Fill out the Participants' information

(<https://docs.google.com/spreadsheets/d/1mjC4P-HD37I2SJgivxY9wEEWTaxsBVkVs0UTOeADEpQ/edit?gid=0#gid=0>)

Thank you so much for participating!
If you have any questions later, please feel free to contact us by email.

Facilitator Checklist (Not for Participants)

- Confirm participant ID (starting from **MIT-004**, sequentially).
- Check both-wrist placement (one-finger rule, snug fit, not too tight or loose).
- Verify pairing and signal quality for all devices (EDA, PPG, temperature, respiration).
- Reconnect if signal drops; if Empatica shows a yellow warning, adjust strap fit.
- Check timing of questionnaires, start task timers, confirm buzzer works correctly.
- After session: verify data upload/synchronization, mark participant as “completed.”
- Confirm compensation and participant checkout before they leave.