

Lausanne, January 12, 2023

Recommendation letter for M. Thibaud Delavy

Dear Colleagues,

From August to November 2022, M. Thibaud Delavy worked under my direct supervision as a research assistant in a project aimed at experimental testing of brief meditations on the psychophysiological stress response in young adults.

His duties included several tasks to facilitate running psychophysiological experiments in laboratory settings. First, he assumed a role of an assistant in a widely known protocol for inducing psychological stress: the Trier Social Stress Test. In addition, he assisted in preparing the materials for psychophysiological assessment (electrodes for cardiovascular measurements). Second, M. Delavy worked on the initial data processing. His duties included cleaning electrocardiogram (EKG) signals in the Mindware HRV application, for which he received initial training. Third, M. Delavy actively participated in the recruitment for the study.

M. Delavy would be an excellent candidate for an MSc program in neuroscience. During his time in the lab, he showed excellent research qualities, robust trainability, and an impeccable work ethic. He demonstrated interest in all aspects of the study and showed enthusiasm in discussions on the theoretical foundations of the research he took part in. On the interpersonal level, M. Delavy showed himself as a team player and fostered positive relationships with his supervisor and colleagues.

I can fully underline that M. Delavy has the necessary skills to excel in his MSc. program and build a solid foundation for pursuing his academic career.

Please feel free to contact me if you require further information.



Dr. Liudmila Gamaiunova
University of Lausanne

