W241 Final Project Script

Team: Thong, Matt, Erika

As people arrive, ask them if they need to use the restroom and allow for that opportunity. Hand out the pages with their names, as they will be pre-assigned to Test (0) and Control (1).

Introduction: Thank you very much for agreeing to participate in our study. To ensure consistency in the experiment, I will be reading from a script of instructions. This experiment will take about an hour. Over this time, we will invite you to participate in various activities, and we will ask you to use the heart rate monitors to record blood pressure and pulse rate at different times throughout.

To start, please locate your monitor and paperwork. There are a few questions we want to capture now, on the Data Collection Form. Please take a few minutes to fill these in.

Now I will demonstrate how to put the monitor on, and we will do our first measurement.

1. Remove all accessories from your wrist (bracelets, watch, etc)
2. Apply the cuff to your non-dominant wrist (on the hand you do not write with), with your palm facing up, and the buttons closer to your elbow.
3. Position the cuff about 1.5 centimeters, or ½ inch away from your palm.
4. Fasten the cuff snugly, but not so tight that it will be distracting from your other activities. You will be wearing the monitor throughout the time we are here.

To take the first measurement:

1. Sit comfortably and relax, with your legs uncrossed.
2. Make sure your arm is supported, and the wrist monitor is level with your heart.
3. When the monitor is off, press the “POWER” button to turn it on. The LCD will come on.
4. Press the “SET” button.
5. The cuff will make noises and tighten on your wrist. Wait until it releases, and then write down the three numbers along the right side of the screen.

We will be taking a number of measurements throughout the exercises today. Please don’t worry about the results of the heart rate monitor measurements: they may go up or down throughout the sessions, and this may differ from person to person. This is perfectly fine.

[if splitting group:

Now take a look at the top of your paper. If under ‘Group’ you are listed in ‘1’, please follow [Tester] to a different room. If you are in group ‘0’ please remain seated]

Exercise 1

We will now begin the first exercise. During the exercises we ask that you do not talk - they will be quiet periods. So if you have any questions, please ask before we begin.

|  |  |
| --- | --- |
| Group 1 | Group 0 |
| You have a few pages with designs for coloring. We are also providing some colored pencils. For the next 15 minutes, we will ask you to remain in your seat and simply color the pages as you please. But first, we are going to take another heart rate measurement.  --measure/document  We will start a 15-minute coloring session, after which we will take another measurement.  Try not to allow the noise and pressure of the monitor to detract from the state of mind that you find yourself in at the end of the session.  Any questions?  --begin  --end  --measure/document  --washout  We will now take a 5-minute break. Please take this opportunity to use the restroom, stretch and walk around. It is important that you get up and move around for this break.  Go to script for Group 0 up to ‘washout’ | Next, we will ask you to listen to a meditation. For the next 15 minutes, we will ask you to remain in your seat and simply listen to the guided meditation. But first, we are going to take another heart rate measurement.  --measure/document  We will now play a 15-minute guided meditation from <https://www.appropriateresponse.com/teachings/>.  When we are done, we will ask you to take another measurement. Try not to allow the noise and pressure of the monitor to detract from the state of mind that you find yourself in at the end of the session.  Any questions?  --begin  --end  --measure/document  --washout  We will now take a 5-minute break. Please take this opportunity to use the restroom, stretch and walk around. It is important that you get up and move around for this break.  Go to script for Group 1 up to ‘washout’ |

Thank you very much. I really appreciate your help today. There is one more set of questions on the bottom of the Data Collection Form to fill in. When you are finished, please return your booklet to me. I will also be happy to answer any questions I can at that time.

[Optional, for more experienced meditators only: If you are curious and would like to do another, longer test of meditation, now is your chance to do so. You are welcome to record the outcome of this test or not - it is up to you. It won’t be included in the results of our study, but it may give us some ideas about how we could design a different study around more experienced meditators]