WEB-BASED ACUTE STRESS AND BUFFERING INQUIRY (IN PROGRESS)

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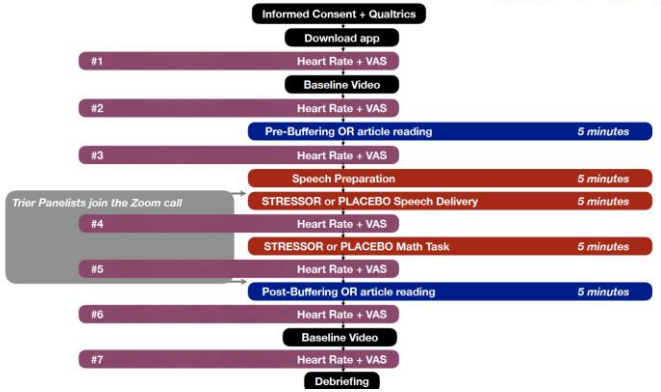
Introduction

- Stress reactivity research traditionally occurs in controlled environments, Trier Social Stress Test
- Reliable method for inducing stress remotely with limited technology can increase sample sizes via low cost, access to individuals in rural communities, difficulties travelling to research labs, etc.
- Interacting with peers demonstrated to buffer stress responses. Limited evidence that peer buffering occurs during remote interactions
- Pet ownership associated with favorable mental health outcomes, but limited evidence in pet buffering acute stress responses

Current Study:

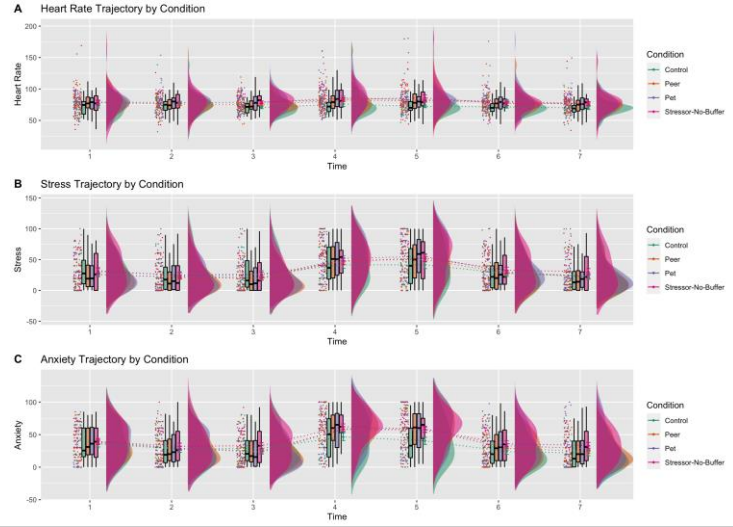
- Trier Social Stress Test administered via Zoom
- Stress reactivity measured via **heart rate** (photoplethysmography Smart Phone app), **self-reported measures** (visual analog scale: VAS)
- Participants: UM PSYC 1200 students (n = 182)

Methods



Conditions: Control (Placebo buffer, no Trier), **Stressor-No-Buffer**, **Peer Buffering** (via phone call or video chat), **Pet Buffering** (dog or cat)

Results



Future Direction & Limitations (So Far…)

- Many participants excluded due to severe scores in BDI and GAD-7, social effects of COVID-19 suspected
- SE of heart rate data large, resulted in modifying methods regarding collection during assessments
- Buffering conditions: analyzing most potent buffering conditions separately (i.e. video chat buffering, dog buffering)

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For more info, visit https://osf.io/bcp5k