

Instructions from Group 8

Purpose:

The purpose of this experiment is to investigate the impact of mindful meditation on the neural responses of college-aged students. Two of these responses, reaction times and time of judgement, can be measured with the Brain Gauge.

Duration: 12-20 minutes

Procedure:

1. Take this short survey: <https://forms.gle/NVbqCAFCyGNmR9Ta7>

2. Open the Brain Gauge App

Click on "Pro" (on the top right hand corner of the window).

Click on "Logout" (at the bottom right hand corner).

Click on "Already Have an Account?"

Sign in with:

Username: fall2020-group8@cmetrics.co

Password: fall2020

Once you log in, type in your subject ID number.

This experiment will have one battery "RT TOJ" with two tests

- Hardware Reaction Time

- Timing Challenge

3. Run the two batteries once while sitting down.
4. Watch and follow along with this video: <https://youtu.be/aXItOY0sLRY> . If applicable, the device used to watch the video should be put on "Do Not Disturb" mode.
5. Run the two batteries again while sitting down. After entering your 8-digit subject ID, type in the "Subject Notes" section a number from 1-5 that reflects how you felt during the meditation; where 1-anxious, 3-neutral, and 5-relaxed.
6. Immediately after, complete this short survey: <https://forms.gle/GHGDxFwQEivEoxin8>

Please email chen17r@live.unc.edu with any questions or concerns you may have.