Stress (Cold Pressor)

OVERVIEW
The lab uses the Cold Pressor Task (CPT) although others—such as the Trier Social Stress Test—have been used as well (e.g. see Kischbarum et al., 1993).

Participants should be randomly assigned to a stress or control group. Participants in the stress group undergo the cold pressor task, during which they submerge their arms in a 0-4°C ice-water bath for three minutes. The cold-pressor task is used widely in the laboratory to induce stress levels comparable to that which participants may experience in everyday life and has been shown to elicit subjective, physiological, and neuroendocrine increases in stress (references below). The control participants submerge their arms in room-temperature water (30-40°C) for three minutes. To assess subjective levels of stress after the task, all participants should somehow indicate how subjectively stressful they find the stress or control task to be (e.g. scale from 1 (not stressful) to 10 (most stressful)).

METHODS

- Salivary sample kit
- Gloves
- Bag of Ice
- Bucket
- Paper Towels
- Timer
- Thermometer

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