BRIEFING / CONSENT SHEET

Monitoring the body’s reactions to stress

The purpose of this practical is to investigate how certain physiological measurements in our bodies change when we are under some stress.

You and your classmates will be the humans that we investigate.

SAFETY:

In the investigation you are going to measure your heart rate and ask you for some subjective observations of your level of stress.

We want to collect all the class results together so we can evaluate the patterns in the data collected. Once we know what happens, we can start to think about the mechanisms that control our bodies and think about more sophisticated tests.

The results will tell us something about how humans react to stress and you will see the range of intensity of reactions. When we put all the information together, no one will know who has put in each number so only you will know which data are yours.

* You are participating in a piece of scientific research.
* The activity is **not** a competition.
* The results will **not** show how confident or capable someone is because we are measuring changes under stress on only one day, in unusual circumstances.
* If your heart rate is very different from others in your group, don’t worry. The range of baseline heart rate varies significantly in groups.
* If you are worried about the results at the end of the practical, please stay to talk to your teacher about it.
* You do not have to take part in the activity.
* You can stop at any time (but tell your teacher).
* You don’t have to put your results into the class set.
* There will be no long-term effects.

Please write your name and tick the boxes to show how you feel. Then return this slip to your teacher.

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Name: ……………………………………………………………

* I am happy to start the activity.
* I do not have any conditions that affect my heart rate or reactions to stress.
* I know I can stop at any time.
* I know I can leave my results out of the class set if I want to.