

# Seeking participants for a new study into the use of technology to identify changes in students' mental health (with £30 incentive)

Are you an undergrad / grad student? Are you interested in issues around students' mental health? If so, would you like to **join a study that is trialling technology as a way of identifying changes in students' mental health status over time?**

'Understanding student wellbeing from technology-assisted journalling' is a project being run at Cambridge University's Department of Computer Science and Technology. Researchers are seeking students willing to take part in four once-a-week sessions, each lasting around 25 minutes. All the sessions will be audio- and video-recorded. Researchers will also collect physiological data via small wearable sensors that detect participants' heart rhythm and electrodermal activity.

Taking part in this study does not entail any risks greater than those ordinarily encountered in daily life. And participants will receive an incentive of £30 in value to thank them for their time. There's also the option to learn more about psychophysiology – the branch of psychology concerned with the physiological bases of psychological processes – at a tutorial with lead researcher Dr Batuhan Sayis. This will cover the foundational science and practical application of Heart Rate Variability and Electrodermal Activity, with a focus on data attainable in experimental settings. (For other tutorials/further online information about this, see <http://bit.ly/3LOCbGt> and/or <http://bit.ly/3YpRDz3> )

Interested? Sign up at <https://bit.ly/3Zn1APO> or via the QR code



Questions? Please email Dr Batuhan Sayis [bs661@cam.ac.uk](mailto:bs661@cam.ac.uk)