

Materials List for:

A Community-based Stress Management Program: Using Wearable Devices to Assess Whole Body Physiological Responses in Non-laboratory Settings

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Materials

Name	Company	Catalog Number	Comments
Epoc+ 14 channel wireless EEG	Emotiv Systems		Assemble the headset. Fully saturate the felt pads using 0.5% saline solution. When the headset is placed on the scalp, the pads should feel wet. Measurements: Brain Waves, Facial Expression, Mental Command
Fingertip Pulse Oximeter with Bluetooth and Pleth Variability Index	Masimo Mighty Sat with PVI		Measurements: Pulse Rate, Oxygen Saturation, Perfusion Index, Pleth Variability Index (PVI)
The 39-item Five Facet Mindfulness Questionnaire	A psychometric instrument used to assess five facets of mindfulness		Questionnaire available in electronic and pencil and paper versions. Measurements: Mood, cognition function