



# VOLUNTEERS WANTED

The University of Maastricht has started a study investigating psychological and physiological changes following water exposure. For this study, we seek:

## HEALTHY VOLUNTEERS (16 years or older)

Who are proficient in English, and who do not have a history of psychiatric, neurological, or cardiovascular disorders, chronic physical illness, and who are not currently taking blood pressure medication or psychotropic medication



### What is expected?

- You will visit the lab on 2 occasions, where you will be asked to fill out questionnaires, give saliva samples. On one occasion, you will complete a task in which you talk in front of people, which can be experienced as uncomfortable. The lab visits last no longer than 2 hours.
- You will also be asked to do a number of things at home. Namely, you will be asked to adjust a part of your daily shower by changing the water to a certain temperature. You will be asked to do this for 20 days, ranging from 30 seconds to 3 minutes per day. To note, the water temperature can be experienced as uncomfortable.
- You will be asked to wear a watch to sleep at night for 20 days, which tracks sleep quality.
- 1 month after completion of the water exposure, you will be asked to complete questionnaires at home.

### How long does the study take?

- In total, 6.5 hours.

### When can you participate?

- Please contact the study team, at [fpm-pim\\_p156@maastrichtuniversity.nl](mailto:fpm-pim_p156@maastrichtuniversity.nl)

### You receive?

- 49 euros or 6.5 SONA credits.

### Curious about participating?

If interested and for any queries and/or thorough explanations, you can contact us at: [fpm-pim\\_p156@maastrichtuniversity.nl](mailto:fpm-pim_p156@maastrichtuniversity.nl)

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ERCPN Code: 284\_88\_07\_2024