

Experiment HP-21: Vacation and Relaxation

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The lab provides you with a set of stressful images and a set of relaxation images that you may see while on vacation. Compare what happens in the body when looking at these two sets of images.

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Sample Exercise: Measuring Galvanic Skin Response and Body Temperature while Looking at Stressful and Relaxing Imagery

Aim: To measure the subject’s skin conductance and body temperature while looking at stress producing and relaxing imagery.

Approximate Time: 30 minutes or more

Procedure

1. Select one person from your group to be the subject. Ask the subject to go to the sink, wash his or her hands with soap and water, and dry them thoroughly. Washing the hands insures that surface oils or other substances, which might lower skin conduction, are removed. *Do not use alcohol to clean the fingers, alcohol dehydrates the skin.*
2. Connect the GSR electrodes as stated in the set up document.
3. Connect the temperature sensor as well.
4. Attach each GSR electrode to the volar surface of the distal finger segment of two non-adjacent fingers; the index and the ring fingers are the ones usually used. Attach the electrodes with the Velcro straps so that the straps are snug, but not overly tight. You may need to slightly moisten the finger tips for good conduction.
5. Attach the temperature sensor to the back of the subject's hand with a small piece of paper tape.
6. The subject should rest his or her hand with the sensors attached comfortably. The GSR electrodes should be free from any extraneous pressure and the electrode cable should be hanging freely. Instruct the subject not to move the hand during the recording process; movement may introduce artifacts into the recording.

7. Click on the Record button. Enter the subject's name in the Mark box and press the mark button. Since the GSR amplifier is already calibrated, the value displayed on the Skin Conductance Level channel is the baseline skin conductance level (SCL) of the subject ([Figure HP-21-L1](#)). Record the subject's baseline SCL for approximately one minute until the recording stabilizes.
8. Click Stop to halt the recording.
9. Select Save As in the File menu, type a name for the file. Click on the Save button to save the data file.
10. Click the "Stress" sequence on the toolbar to start the stressful imagery.
11. Click Record and have the subject watch the 20 images that will show on the screen. Continue recording until all the images have been shown. If the subject has not shown any changes on any of the channels, repeat the sequence of images. Do not repeat the sequence more than once.



Figure HP-21-L1: Sequences selection menu.

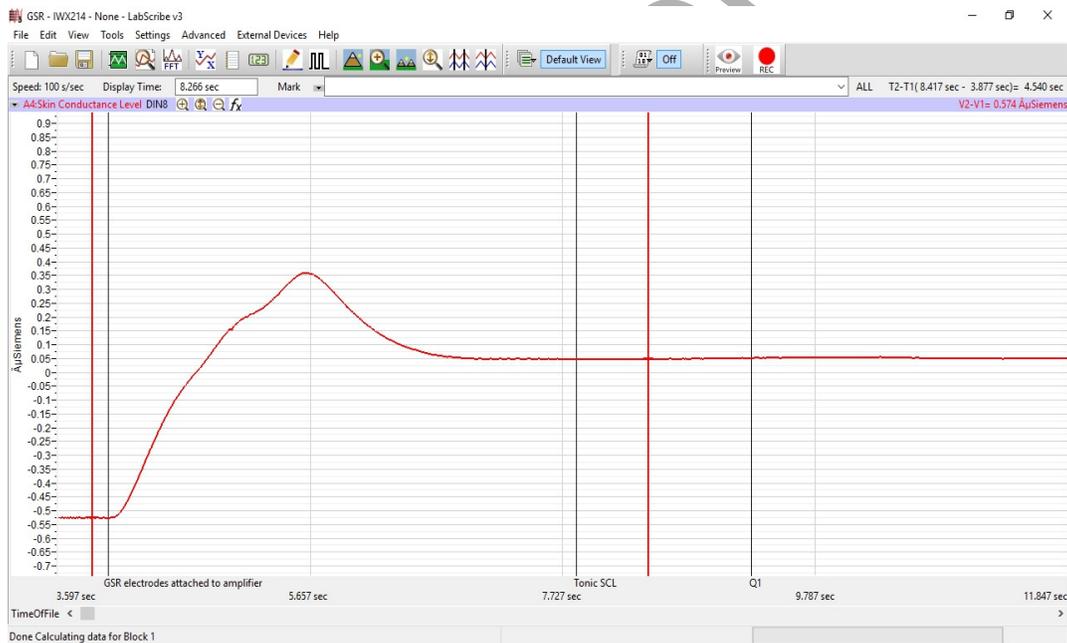


Figure HP-21-L2: Sample data showing skin conductance only. Other channels will show based on the hypothesis and settings chosen for the lab/research project.

9. Click on the Save button to save the data file.
10. Click the "Vacation" sequence on the toolbar to start the vacation/relaxation imagery.

11. Click Record and have the subject watch the 20 images that will show on the screen. Continue recording until all the images have been shown. If the subject has not shown any changes on any of the channels, repeat the sequence of images. Do not repeat the sequence more than once.
12. Repeat this exercise on other subjects in your lab group if time allows.

Data Analysis

1. Scroll through the data file and locate the recording of the subject's baseline skin conductance level (SCL) and temperature.
2. Use the Display Time icons to adjust the Display Time of the Main window to display the one minute recording of the subject's baseline data on the Main window. This section of data can also be selected by:
 - Placing the cursors on either side of the one minute recording of the subject's baseline data, and
 - Clicking the Zoom between Cursors button on the LabScribe toolbar ([Figure HP-21-L2](#)) to expand or contract the one minute recording to the width of the Main window.
3. On the right hand margin of the Skin Conductance and temperature channels, the mathematical function, Mean, should appear. The value for mean baseline skin conductance level and body temperature are displayed here.

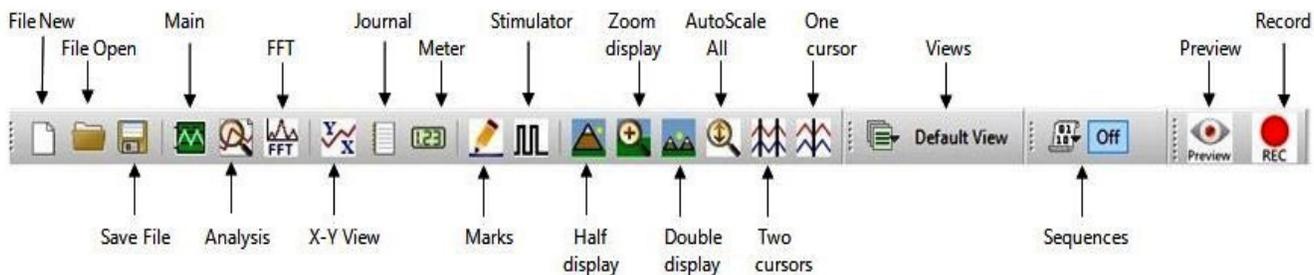


Figure HP-21-L2: The LabScribe toolbar.

4. Once the cursors are placed in the correct positions for determining the mean baseline data in the one minute recording, the values can be recorded in the on-line notebook of LabScribe by typing the name and value of the parameter directly into the Journal.
5. Move the cursors to the section of data where the subject's "stress" was recorded. Position the cursors to have at least 1 minute of data on screen.
6. The Mean value for the skin conductance and temperature while "stressed" will be shown in the right hand margin of the channels. Repeat this procedure for the full time the subject was shown the images.
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8. The Mean value for the skin conductance and temperature while “vacationing” will be shown in the right hand margin of the channels. Repeat this procedure for the full time the subject was shown the images.
9. Enter the data in [TableHP-21-L1](#).
10. If other data, such as Pulse and Heart Rate are being recorded, the data can be selected and analyzed in the same way.

Table HP-21-L1: Baseline, Stress and Relaxation Data for SCL and Temperature

Subject's Name	Mean Baseline SCL (μ S)	Mean Baseline Temp (deg C)	Mean “Stress” SCL (μ S)	Mean “Stress” Temp (deg C)	Mean “Vacation” SCL (μ S)	Mean “Vacation” Temp (deg C)

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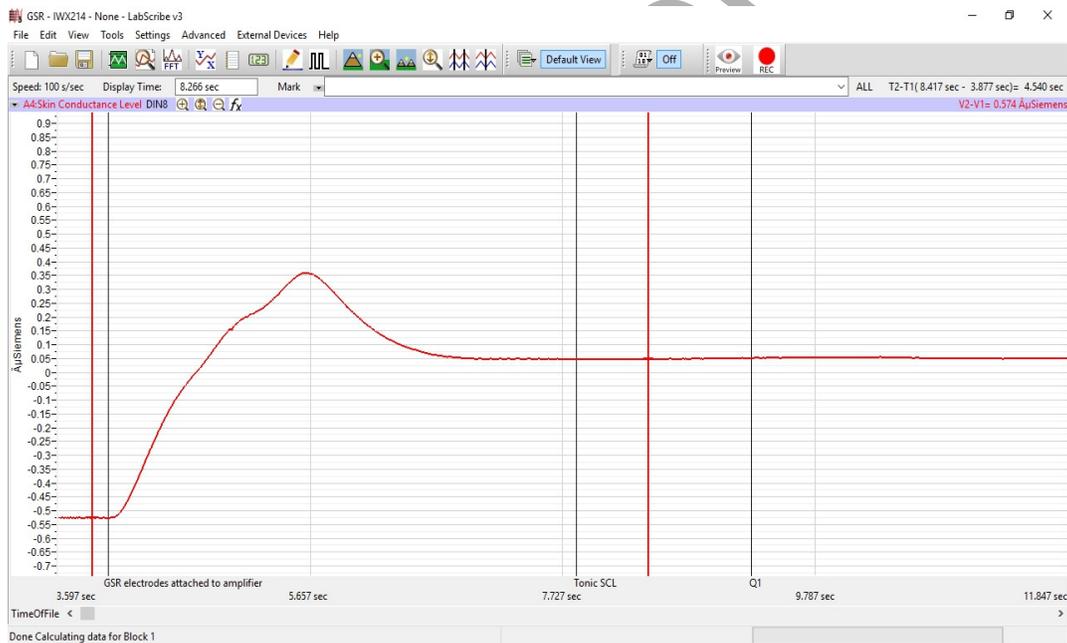


Figure HP-21-L2: Sample data showing skin conductance only. Other channels will show based on the hypothesis and settings chosen for the lab/research project.

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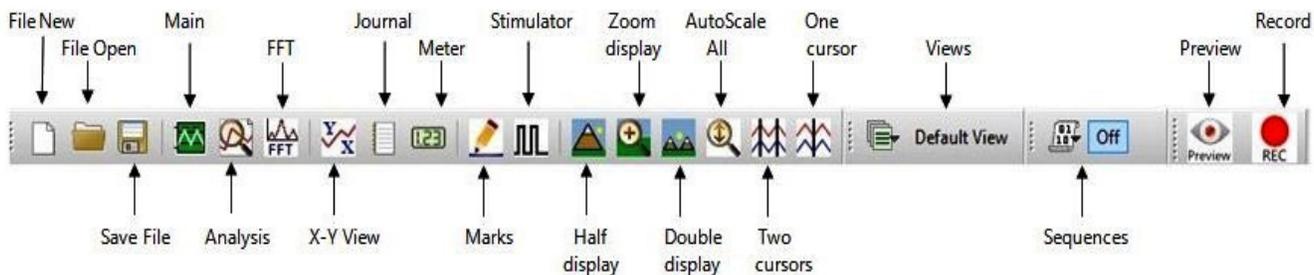


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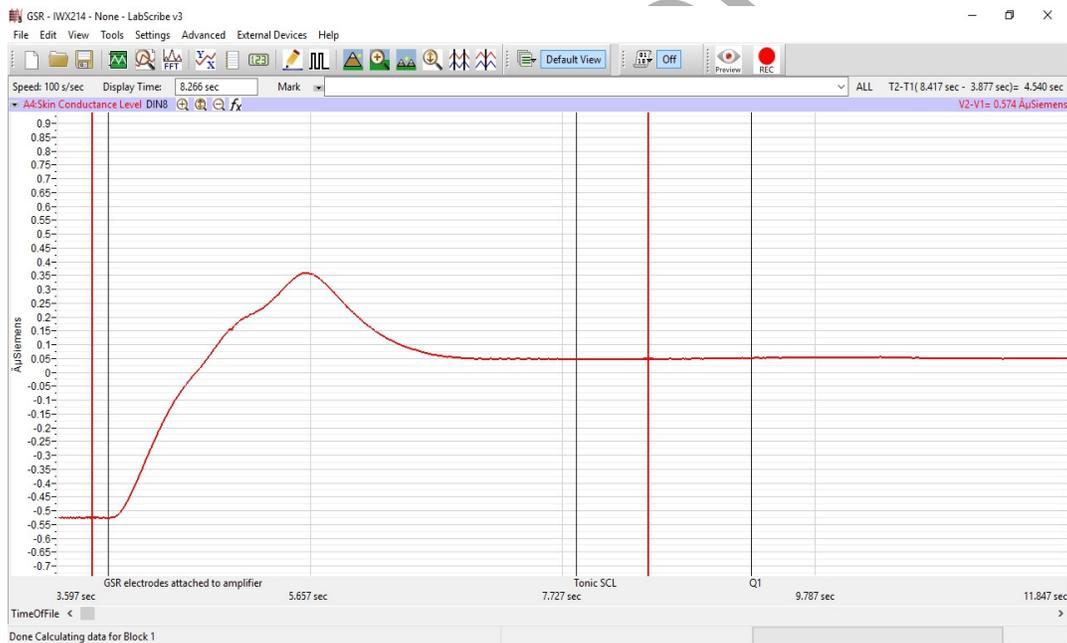


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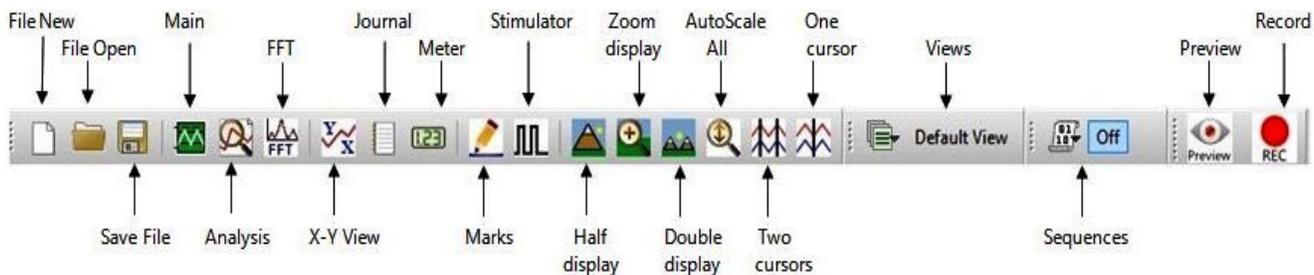


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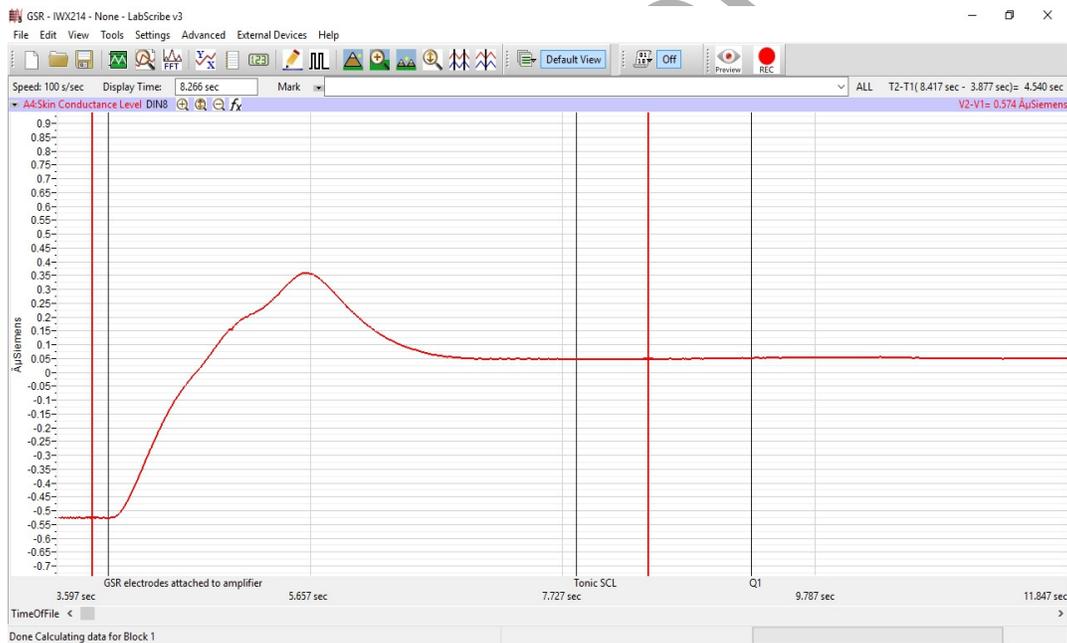


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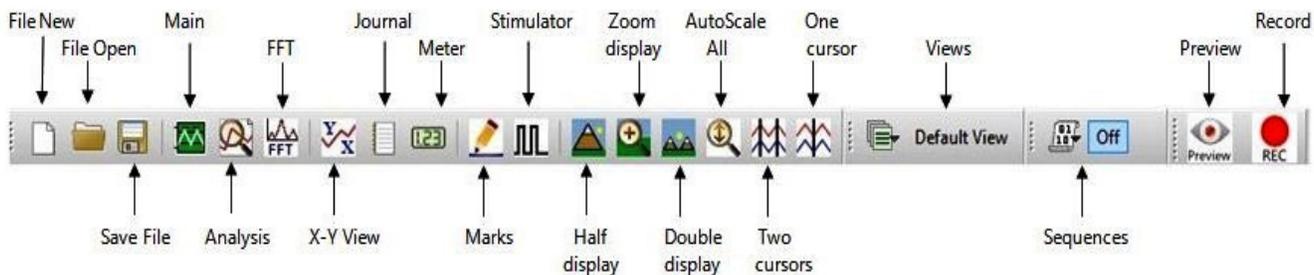


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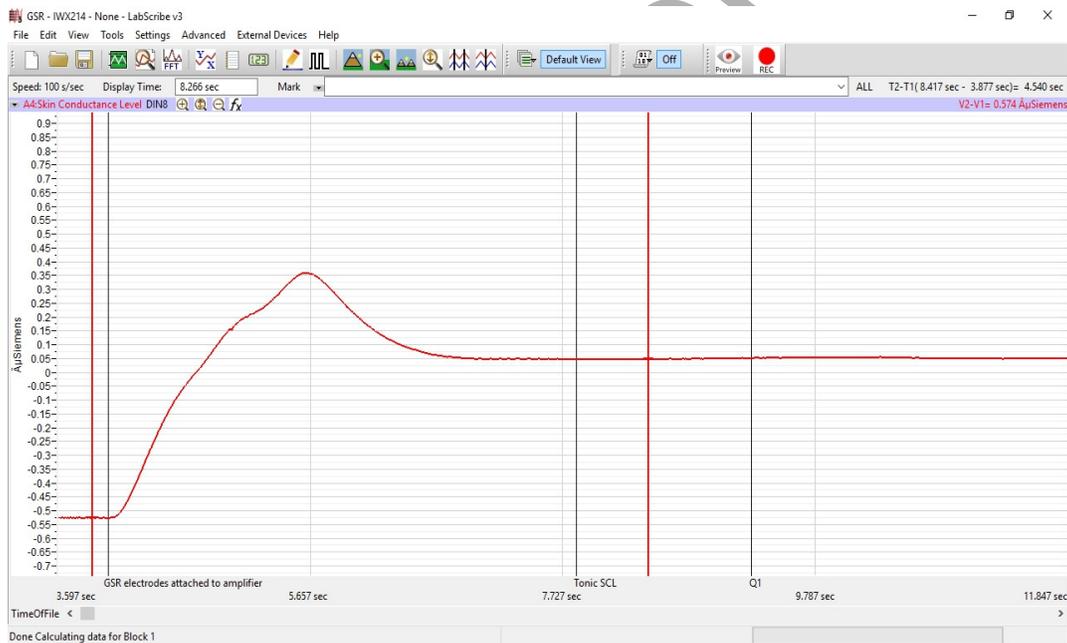


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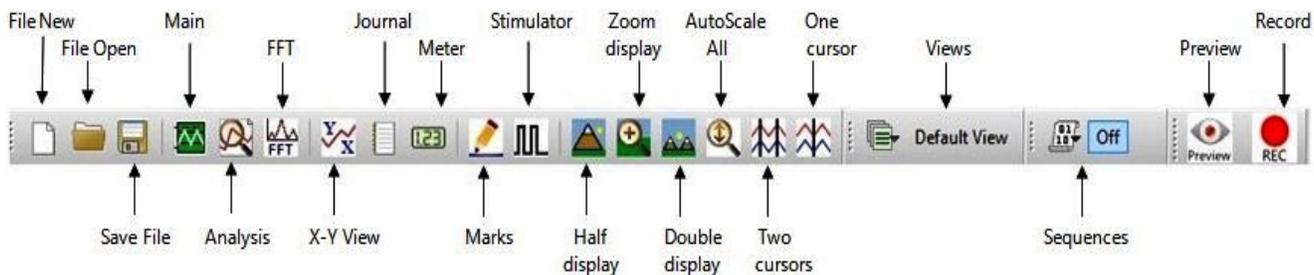


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6. The Mean value for the skin conductance and temperature while "stressed" will be shown in the right hand margin of the channels. Repeat this procedure for the full time the subject was shown the images.
7. Move the cursors to the section of data where the subject's "relaxation" was recorded. Position the cursors to have at least 1 minute of data on screen.

8. The Mean value for the skin conductance and temperature while “vacationing” will be shown in the right hand margin of the channels. Repeat this procedure for the full time the subject was shown the images.
9. Enter the data in [TableHP-21-L1](#).
10. If other data, such as Pulse and Heart Rate are being recorded, the data can be selected and analyzed in the same way.

Table HP-21-L1: Baseline, Stress and Relaxation Data for SCL and Temperature

Subject's Name	Mean Baseline SCL (μ S)	Mean Baseline Temp (deg C)	Mean “Stress” SCL (μ S)	Mean “Stress” Temp (deg C)	Mean “Vacation” SCL (μ S)	Mean “Vacation” Temp (deg C)