PARTICIPATE IN A STRESS STUDY

We are looking for participants for a study investigating physiological and biochemical responses to acute stress. The study will take place at VTT Technical Research Centre of Finland's laboratories in Oulu (Kaitoväylä 1) and Espoo (Tekniikantie 1).

The study will be conducted in Oulu between 19.3.-17.4.2025 and in Espoo between 22.4.-31.5.2025.

You may qualify for the study if you:

- Are 18–45 years old and right-handed
- Do not need eyeglasses (contact lenses are okay)
- Are in good general health. You cannot participate if you suffer from a chronic heart condition, have depression requiring medication, or are taking medications affecting the central nervous system.

About the study:

You will perform tasks similar to everyday activities that induce mental states related to concentration and, on the other hand, physical discomfort. During the tasks biosignals and eye-tracking data will be collected. Saliva samples will also be taken between tasks.

The study consists of two visits: a brief visit (about 30 minutes), during which the study will be introduced to you, and a second visit lasting about three (3) hours, during which the actual study tasks will be conducted. Additionally, you will receive pre-study tasks and questionnaires to complete at home before the main study session. Completing this will take approximately one (1) hour.

The medical research ethics committee of HUS (Helsinki University Hospital) has approved the study protocol. All information collected from participants will be handled confidentially and will not be shared outside VTT.

If you are interested to participate in **Oulu**, please contact Anni Ranta-Lassila (anni.ranta-lassila@vtt.fi, office hours: +358 50 523 1532) or Mari Rytky (mari.rytky@vtt.fi, office hours: +358 50 479 6878).

For more information about the study, or if you are interested to participate in **Espoo**, please contact the leading Senior Researcher Kati Pettersson (kati.pettersson@vtt.fi, office hours, +358 405337881).