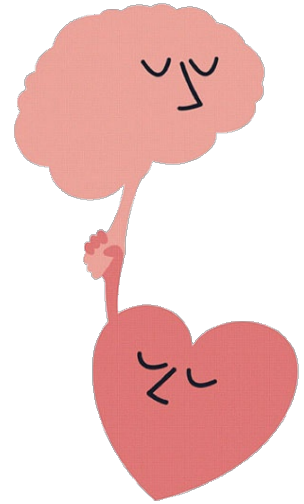


HOW THE BODY GUIDES EMOTIONS: The Wearables Project

RESEARCH PROJECT

The clinical utility of wearable technology for measuring physiological changes during rehabilitation after **acquired brain injury** (HREC/QMS/57056)

This project aims to understand the usefulness of wearable technology for measuring changes in the body (heart and skin activity) and emotions that people experience as they complete tasks that are often used in brain injury rehabilitation.



WHAT WILL I BE ASKED TO DO?

- Meet the Project Coordinator at a convenient place for an assessment **within south-west Queensland** (e.g., your home or Griffith University, Mt Gravatt)
- Take part in a 2-hour assessment with regular breaks. You will be asked to:
 - Complete brief questionnaires about your mood, self-perceptions and coping
 - Wear a wearable device (pictured, Empatica E4) that measures changes in your heart and skin response while you do the following:
 - Sit quietly for a few minutes
 - Answer questions about the effects of your brain injury
 - Predict how well you will perform on thinking tasks, complete these tasks and receive feedback
 - Complete a meal planning and budgeting activity that uses an online shopping tool
- A relative or clinician who knows you well will be asked to complete three measures about you



By taking part in the study, your experiences will help us to develop new ways of helping people to manage their emotions after brain injury.

HOW DO I BECOME INVOLVED?

Contact Project Coordinator Alysha Sarah for more information:
alysha.sarah@griffithuni.edu.au

Remember: taking part in this study is voluntary, and you can change your mind and withdraw at any time