



STRESS & HEALTH Study #17281

Examining how resilience to your daily stress influences your emotions, sleep, diet and cortisol



SEEKING FOR

International or Interstate students in College or Undergraduate studies between 18 – 25 year old

THIS STUDY INVOLVES FOUR PHASES

[1]

BASELINE
ONLINE SURVEY



Approximately
45 minutes



Surveys



Stress via
Saliva sample



Sleep
device



Actigraphy
Watch



Food
diary

[2]

15 DAYS
AT HOME

[3]

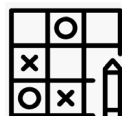
2-HOUR IN-PERSON
AT MONASH CLAYTON



Stress via
Saliva sample



Surveys



Cognitive
Tasks

[4]

OPTIONAL: EXAM PERIOD
7 DAYS AT HOME



Surveys



Stress via
Saliva sample



Actigraphy
Watch

HELP US UNDERSTAND HOW STRESS AFFECTS OUR HEALTH

YOU WILL RECEIVE

- A personalised report of your health (e.g., stress, diet, sleep) during the study
- Up to \$152 (\$40 Raffle) if completing all assessments

INTERESTED?



<https://goo.gl/U6Npcv>



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