



MEMORY AND AGING RESEARCH PROGRAMS

Seeking Individuals Ages 50+ to Help us Examine Temperature and Cognition

Researchers in the Department of Psychology are examining how changes in temperature (including air temperature, skin and core body temperature, and thermal discomfort) may affect your emotions, energy levels, and thinking abilities. Additionally, researchers are interested in how factors such as thoughts, social engagement, daily activities, and environmental conditions (such as noise, people, and routine changes) may influence memory and everyday tasks like managing medications.

Who we need:

- Individuals ages 50 and older
- Speak fluent English
- Access to a computer or tablet with a webcam and microphone to participate in meetings via Zoom
- Do not meet criteria for dementia

Tasks involved if you participated:

- Complete an initial 30-60 minute telephone interview to determine if you are eligible for the study
- Review consent form via phone call and complete an Activity Routine Interview (30-60 minutes)
- Complete 90-120 minutes of standardized testing assessing your memory and thinking abilities at the beginning and end of the study via Zoom
- Set up home temperature devices and attach 3 to 5 motion detecting sensors to key items used daily in your home (30- 60 minutes)
- Wear a smart watch for two-weeks and answer prompts on the smart watch 4x per day
- Complete a packet of questionnaires regarding your physical and mental health, everyday cognitive abilities, and quality of environment (1-2 hours)

Payments include \$50 for pre-testing, \$100 for smartwatch prompts, and \$50 for post-testing.

For more information, please contact: (509) 335 – 4033

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This project has been reviewed and approved by the Washington State University Review Board for human subject participation.