SDSU Psychology Department

and the Spatio-Temporal Brain Imaging Lab

are recruiting healthy adults 18-40 years of age for a

Study on Relaxation Techniques

The study uses electroencephalography (EEG) to examine neural indices associated with common relaxation practices including:

MINDFULNESS and ASMR (Autonomous Sensory Meridian Response)

We are seeking individuals WITH and WITHOUT experience with these techniques.

Qualified participants will be requested to visit the lab three times (approximately 2 hrs per session) and engage in relaxation and simple tasks while their EEG signals are being recorded. They will fill out questionnaires (up to 20 min).

Participants will receive \$25/hr. Requirements: 18 - 40 years of age, healthy, right-handed

If interested, please contact Dr. Ksenija Marinkovic or her associates at psych.stbil@sdsu.edu