

Materials List for:

# Using Practice Testing, Public Speaking, and Source Monitoring to Examine the Influences of Learning Strategies and Stress on Episodic Memory

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URL: <https://www.jove.com/video/60026>

DOI: [doi:10.3791/60026](https://doi.org/10.3791/60026)

## Materials

Name	Company	Catalog Number	Comments
Blank paper	N/A	N/A	Paper is given to participants for speech preparation during stress induction
Clipboard equipped with blank sheets of paper and a list of 50 math subtraction tasks with answers (e.g., 4782 - 17).	N/A	N/A	The experimenter holds the clipboard during stress induction. (S)he takes notes on the blank paper during participants' speeches, and refers to the math problems for the math-subtraction portion of stress induction.
Computers (two)	N/A	N/A	Necessary for presenting stimuli, administering memory tests, and recording participants' responses.
Crovial storage box (recommended)	N/A	N/A	Helpful for storing saliva samples until the time of analysis.
Cryovials (2 mL)	N/A	N/A	Needed for collection of saliva samples for cortisol analysis. The present paradigm required three cryovials per participant.
Cubicle desks with chairs (two of each)	N/A	N/A	Cubicles are helpful for limiting distractions during encoding and memory testing.
Freezer	N/A	N/A	Needed for storing saliva samples until the time of analysis. Freezer must maintain a temperature of approximately 0 degrees fahrenheit.
Smoothie-sized straws	N/A	N/A	Helpful for passing saliva from the mouth into each cryovial.
Stimulus presentation software (recommended)	E-Prime 3.0 (recommended)		Helpful for precision in stimulus presentation (e.g., 2 s presentation rate for words during experimental session 1) and video presentation (e.g., Planet Earth during session 1). Also helpful for administration of recognition tests and recording participant responses (session 2).
The State Trait Inventory for Cognitive and Somatic Anxiety	N/A	N/A	Necessary for assessing subjective stress. Borrowed from Grös, Antony, Simms, and McCabe (2007).
Video camera with tripod	N/A	N/A	Necessary for stress-induction procedure. Camera needs to appear to record participants, but

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		does not need to be capable of recording.
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