NEW YORK UNIVERSITY, STEINHARDT

**Name of study:** Relaxing Away Math Anxiety

**Purpose of study:** To observe the effects of regular relaxation on math anxiety

**Name of experimenter:** Minzhi Liu

**Name of principal investigator:** Joshua Aronson, Ph.D.

**Location of study:** Metro Center, 726 Broadway, 5th floor

**Specific requirement:** Must be female and at least 18 years old and have no meditation experience before.

**Type of activity:** Filling out questionnaires, taking a brief math test, wearing an EEG headband for a few minutes, and practicing relaxation for a few minutes each day.

**Approximate length of time:** Three sessions of one hour each over a period of 31 days, and 10 minutes practice per day at home.

**Remuneration:** Free six-month subscription to a popular app which is worth about $50

**Contact information:**

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Approved for posting by Psychology Department administrator

IRB Approval Dates 02/4/17 - 08/12/17

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