

Experimental Instructions  
For “Stress may increase choice of sooner outcomes, but not temporal  
discounting”

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# Hydrocortisone Protocol Lab Days 1 & 7

## SESSION OVERVIEW

	Steps	Stopwatch Time
0 min	<b>0.</b> Participant identification <b>1.</b> Welcome	
5 min 25 min 55 min	<b>2.</b> Consent and Nurse's Checklist <b>3.</b> Nurse's Individual meetings (assumed 30 screened, 2 min/person, 2 nurses) <b>4.</b> Introduction & <i>HR and BP - baseline (measure 1)</i> <b>5.</b> Introduction to computer interface on zTree <b>6.</b> PANAS on zTree <b>7.</b> Salivette 1: White - baseline <b>8.</b> STRESS_VAS_1 on zTree <b>9.</b> Placebo / drug administration (Pill Taken on zTree)	Start: 0 min, End: 1 min
	<b>10.</b> Instructions for Time Discounting and Stroop Tasks on zTree <b>11.</b> Salivette 2: Orange <b>12.</b> STRESS_VAS_2 on zTree <b>13.</b> TASK Series 1 – refer to Measures Protocol <b>14.</b> Salivette 3: Blue <b>15.</b> STRESS_VAS_3 on zTree <b>16.</b> TASK Series 2 – refer to Measures Protocol <b>17.</b> Salivette 4: Green <b>18.</b> STRESS_VAS_4 on zTree <b>19.</b> TASK Series 3 – refer to Measures Protocol <b>20.</b> Salivette 5: Yellow <b>21.</b> STRESS_VAS_5 on zTree <b>22.</b> TASK Series 4 – refer to Measures Protocol <b>23.</b> Salivette 6: Red <b>24.</b> STRESS_VAS_6 on zTree <b>25.</b> TASK Series 5 – refer to Measures Protocol <b>26.</b> Salivette 7: Black - endline <b>27.</b> STRESS_VAS_7 on zTree	<b>Approx. 25 min</b>  <b>Approx. 50 min</b>  <b>Approx. 75 min</b>  <b>Approx. 100 min</b>  <b>Approx. 125 min</b>  <b>Approx. 150 min</b>
	<b>28.</b> General Questionnaire on zTree <b>29.</b> Guessing Module on zTree <b>30.</b> Final Payment Screen on zTree <b>31.</b> Debrief and <i>HR and BP (measure 2)</i>	

## Hydrocortisone Procedure and Script

Legend:

\*\*\*\*\* LOCATION \*\*\*\*\*

[User in brackets]



Scripted instructions are framed

*{Directions in braces and italics}*

 Record on Timesheet 

*{Nurse: Gather Consent Form with translations and notes for nurses and review the details prior to the start of session}*

*{Timer: Verify that you have a pen, clock, countdown timer, and blank timesheet prior to start of session}*

**Timer1:**  **Fill in** green boxes in **rows 1 through 4** with Session, Date, 24HR Start Time, Lab Lead (name), Timer (name), Nurses (names) 

\*\*\*\*\* WAITING ROOM \*\*\*\*\*

*{While participants are waiting, please direct them to the weighing scale (if applicable) to weigh themselves before we begin; enumerators should fill weight in consent form (page 11).}*

## **0. PARTICIPANT IDENTIFICATION**

### **1. WELCOME**

*{Lead: Bring participants into the waiting room}*

*{Timer 1: keeps track of overall time with pen and paper; Timer 2/Nurses: assists Lab Lead in answering participant questions [if any] or helping them with procedural actions [such as tablet issues, equipment issues, etc]; and maintains equipment}*

### **LEAD**

*{Lead: Start reading no later than **12:15** on Day 1}*

[LEAD]:

Hello everyone! A warm welcome to the Busara Center for Behavioral Economics. I see all participants are present, thank you for your willingness to participate. Please do not switch your place cards with another participant. If you do not have the original card you were given at the gate, please raise your hand. We will begin in just one minute.

*Habari nyote! Unakaribishwa sana Busara. Naona washiriki wote wako hapa. Asante kwa kukubali kushiriki. Tafadhali usibadilishe kadi uliopewa awali. Kama huna kadi uliopewa kwa mlango, tafadhali nyosha mkono wako.*

[LEAD]:

Before we start I request three things.

*Kabla tuanze, ningependa kukuliza mambo matatu*

First, please ensure that your phones are switched off COMPLETELY. You may not set them to silent or standby. We do this so that you can focus on the task without distraction.

*Kwanza, tafadhali hakikisha simu yako imezimwa KABISA. Usiweke 'silent' ama 'standby'. Tunafanya hivi ili uweze kuzingatia kazi bila usumbufu wowote.*

Second, it important that you refrain from communicating with other participants. This also helps you to concentrate. If you talk to other people, we will have to send you home and you cannot get paid.

*Pili, ni muhimu ujizuie kuzungumza na washiriki wengine,hii pia inakusaidia kuwa makini. Ukiongea na wengine,itabidi tukurudishe nyumbani na hutalipwa.*

Finally, if you are chewing gum, be so kind to take it out now.


*Mwisho, kama unatafuna (bugia) 'gum', tafadhali itoe sasa.*

*{Allow time for participants to comply with above instructions}*

If you have any questions during the session, please raise your hand and one of the researchers will come and talk to you.

*Ukiwa na swali lolote kwa muda wa utafiti, tafadhali inua mkono wako na mmoja wa wasimamizi atakuja kukuongelesha.*

## **TIMER**

**Timer:**  Fill in green box C8 Welcome with time (24HR form) when lead begins welcome.



## **2. CONSENT AND NURSE'S CHECKLIST**

*{If Day 1 read the following section.}*

**NURSE or LEAD**

**[NURSE or LEAD]:**

In a few minutes, I will read to you the Declaration of Consent Form in front of you. As I talk you through it, *please pay special attention to the checklist*. I will read each item to you and describe the symptoms to you. Please tick the box “yes”, “no”, or “unsure” next to each item as it applies to you. Although unlikely, due to the possible health risks in this study, it is important that you consider each question carefully and answer as honestly as possible so that we can ensure your safety. Remember, your responses are kept in confidence and respect the privacy of all fellow participants by keeping your eyes on your own papers.

Kwa dakika chache, nitakusomea “consent form” au kibali cha idhini ambayo iko mbele yako. Ninapopitia consent, tafadhali kuwa makini kwa orodha. Nitakusomea kila moja na nikuelezee dalili zake. Tafadhali weka “yes”, “no” ama “unsure” kwa kila swali kulingana na vile inakuhusu. Kwa sababu ya athari za kiafya kwa huu utafiti, hata kama si rahisi kutokea, ni vizuri uzingatie kila swali kwa makini na ujibu kwa uaminifu iwezekanavyo ndio tuhakikishe usalama wako. Kumbuka majibu yako imewekwa kwa njia ya siri, heshimu pia siri ya mshiriki mwenzako kwa kuangalia karatasi yako pekee.

After you are finished with all of the questions, please raise your hand so that the nurse can go over your responses with you. If the nurse feels that your participation is a risk to your health, you may be asked to leave, but will be compensated for coming today regardless. Are there any questions?

Baada ya kumaliza kujibu maswali yote, tafadhali inua mkono yako ndio muuguzi apitie majibu yako mkiwa pamoja. Kama muuguzi ataonelea ya kwamba kushiriki kwako kutakuwa na athari ya kiafya, utaulizwa kuondoka, lakini utapokea fidia kwa kukuja. Kuna swali yeyote?

*{pause for questions}*

Okay, please turn over the form and we will begin. If there is something you do not understand or you have any questions after I read the script to you, the nurse or I can answer them for you.

Sawa, tafadhali fungua form tuanze. Kama kuna kitu huelewi au una swali baaada ya kukusomea mswaada, muuguzi ama mimi atakujibu.

*{Lead and/or Nurse: Read the consent form using the version for enumerators with the Swahili translation and symptoms for each criteria. Then assist participants with reviewing and understanding the consent form.*

*When a participant is finished answering each of the questions under exclusion criteria section and raises their hand, review responses with them to verify eligibility. Please send ALL participants (one-by-one) to meet with the nurse in a private room.}*

*{If Day 7 read the following section.}*

**LEAD**

**[LEAD]:**

Please let our nurse know if you have suffered from an injury or infection in the past day. If you have any concerns about your eligibility to participate in the experiment, please ask us now.

Tafadhali acha nesi wetu ajue kama umewahi umia ama kupatwa na maumivu yoyote hapo awali. Kama una wasi wasi wowote kuhusu haki yako ya kushiriki kwenye utafiti tafadhali tuulize sasa.

*{Nurse: Use checklist to address any participant concerns about eligibility.}*

**TIMER**

**Timer:**  Fill in green boxes C9 **Consent + Checklist with Symptoms** when the nurse/lab lead begins reading consent. 

**3. NURSE'S INDIVIDUAL MEETINGS**

*{If Day 1, follow the next section.}*

**NURSE**

*{If a participant checked the box “yes” or “unsure” to 1 or more questions, ask probing or clarifying questions to understand whether or not participating would indeed be a risk to their health - use the first two columns for your diagnoses; FOR ALL FEMALE PARTICIPANTS, ask questions 1-5 to ensure that the participant could not possibly be pregnant. Note their responses to each question. Finally, check the appropriate box stating whether the subject IS or IS NOT eligible to participate and SIGN the form}*

**FOs**

*{Measure weight, blood pressure and heart rate. Note the numbers on the last page (page 11) in the consent form}*

**[Nurse]:**

Thank you for answering those questions.

Asante kwa kujibu hayo maswali

*If participant IS eligible:*

You are eligible to participate in the study. If you feel sick at any time during the study, please signal with a thumbs down {*demonstrate this*} and I will come to your attention. Now, please finish reviewing the consent form and sign it if you agree to participate. When you are done, kindly raise both hands to signal the lab lead to collect your forms.

Umehitimu kushiriki kwa huu utafiti. Kama utaskia mgonjwa wakati wowote kwa huu utafiti, tafadhali onyesha kwa ishara ya kuweka vidole vya gumba chini {*demonstrate this*}, na nitakuja kukusaidia.

Sasa, tafadhali maliza kupitia consent form na utie sahihi kama umekubali kushiriki.

Ukimaliza, tafadhali inua mikono yote mbili kujulisha kiongozi wa maabara ndio achukue forms.

*{If participant is eligible, they should sign the consent form at this time. Then FOs should collect signed consent form from eligible participants to make copies by the end of the session.}*

***If participant is NOT eligible:***

Unfortunately, you are ineligible to participate because participating may be a risk to your health. Please collect your belongings and go to the front desk to receive your payment.

Kwa bahati mbaya, hujahitimu kushiriki kwa sababu kushiriki inaweza kuwa na adhara kwa afya yako. Tafadhali kusanya mizigo yako na uende kwenye dawati yenye iko hapo mbele na utapokea malipo.

*{If the participant is not eligible, please take the consent form from the participant at this time for our records.}*

*{Nurse: Repeat for each participant. Make sure to **clearly** indicate on the last page of the consent form whether the participant is eligible or not. If you want to see the participant again, make sure to **clearly** indicate in how many minutes you want to see the participant again}*

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## **TIMER**

**Timer:** 🕒 Fill in green boxes C10 **Nurse's Check (Individual) START** when the nurses begin individual meetings with participants. 🕒

**Timer:** 🕒 Fill in green boxes C11 **Nurse's Check (Individual) END** when the nurses completes individual meetings with participants. 🕒

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*{Lead: Once all participants have completed the screening, bring participants into the computer room}*

**[LEAD]:**

Are everyone's phones off? We will now go to the computer room, where I will give you more information about the study. Please find the computer with the number on your placecard, and sit down. Again, remember that you are not allowed to speak to each other from now on, and please wait to touch the computers until we instruct you to do so.

*Kila mtu amezima simu? Sasa tutaenda kwa chumba cha utafiti, ambapo nitawapa maelezo zaidi kuhusu utafiti. Tafadhali tafuta kompyuta iliyo na nambari ya placecard yako na uketi chini. Tena, kumbuka hufai kuzungumza na wenzako kuanzia sasa na tafadhali usiguze kompyuta hadi tutakapokuambia kufanya hivyo.*

*{Timer: Verify that participants have not switched placecards}*

*{Reminder for Timer or Lead: Ensure that copies of participant's consent forms are made during the session to hand out by the end of the session.}*

\*\*\*\*\* **COMPUTER ROOM** \*\*\*\*\*

#### **4. Introduction & Heart Rate and Blood Pressure - Measure 1 (HR\_1, BP\_1)**

**Treatment ID: 1**

*{Open 1\_Intro Screen.ztt}*

During this session, you will use the computer in front of you to answer a number of questions and make choices.

*Wakati wa utafiti huu, utatumia kompyuta iliyo mbele yako kujibu maswali kadhaa na kufanya maamuzi*

After we are finished, you will receive payment via M-pesa. Everyone will receive [650 (if day 1) / 350 (if day 7)] KSH for show up and transport today regardless of how you perform on the tasks during the session. However, you will also have the opportunity to earn additional money based on your decisions in the game or your performance.

*Tukisha maliza, utapokea malipo yako kupitia M-pesa. Kila mtu atapokea shilingi [650 (if day 1) / 350 (if day 7)] ya kuhudhuria na transport leo bila kujali ulivyo fanya katika shughuli wakati wa session. Hata hivyo, utakua na nafasi ya kujipatia pesa ya ziada kulingana na maamuzi yako katika michezo au unavyo fanya.*

In these games, there are no right or wrong answers, but it is important to make each decision carefully. After all of the games have been played, your choices from one of the games will be randomly chosen for payment from today and the seventh day of the study. **ONLY ONE TASK**

FROM ONE DAY WILL BE RANDOMLY CHOSEN FOR ADDITIONAL PAYMENT.

Katika michezo hii, hakuna jibu sahihi au lisilo sahihi, lakini ni muhimu kufanya kila uamuzi kikamilifu. baada ya michezo yote kucheza, majibu yako kutoka kwa moja ya michezo itachaguliwa bila mpangilio wowote na kutumika katika malipo. SHUGHULI MOJA KUTOKA SIKU YA KWANZA ITACHAGULIWA BILA MPANGILIO WOWOTE KWA MALIPO YA ZIADA.

You will also answer a number of questions about yourself, your preferences, and your current situation. There are no right or wrong answers in these questionnaires, but it is important to be as honest as possible when answering.

Pia utajibu maswali kadhaa kuhusu wewe binafsi, mapendeleo yako and hali yako ya sasa. hakuna jibu sahihi au lisilo sahihi katika questionnaire hizi lakini ni muhimu kusema ukweli uwezekanavyo unapojibu.

Please listen carefully to the instructions that are being read to you. Tell us if you have any questions or if there is anything that you do not understand.

Tafadhali sikiliza kwa makini maelezo yanayosomwa kwako. Tuambie ikiwa una maswali yeyote au ikiwa kuna jambo lolote hujaelewa.

Are there any questions about how your payment will be determined before we move on? Please press the “OK” button now.

Kuna maswali yeyote kuhusu vile malipo yako yataamuliwa kabla tusonge mbele. Tafadhali gusa button ya ok

## **LEAD**

**[LEAD]:**

At this time, our nurse will measure your heart rate and blood pressure. Please remain seated and the nurse will attend to each of you individually.

Kwa wakati huu muuguzi atapima heart rate na blood pressure yako. Tafadhali keti tu ulipo na muuguzi atakushughulikia kibinafsi.

*{Lead: Instruct nurse to begin taking heart rate (HR) and blood pressure (BP) with the first participant.}*



*{Nurse + FO: Record the HR and BP of using SurveyCTO on tablets. Please confirm that you fill in the seat number with the corresponding HR/BP for each participant. }*



## **NURSE**

*{Verify that the subject ID labeled on the medicine cup/packet matches the placard of the participant}*

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## **TIMER**

**Timer:**  Fill in green box C13 **HR & BP-begin** when the nurse/lab lead begins taking HR and BP measurements. 

**Timer:**  Fill in green box C14 **HR & BP-end** when the nurse/lab lead completes taking HR and BP measurements. 

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## **5. INTRODUCTION TO COMPUTER INTERFACE**

**Treatment ID: 2 & 3**

### **LEAD**

*{Lead: Start 2\_CPR\_TestMouse zTree treatment. Walk around to confirm that Introduction has loaded on every participant's screen and then instruct participants to begin.}*

**[LEAD]:**

Now, we will learn to use a computer. In this study, you should touch the "screen" using the fleshy part of your finger. Please don't hit or push the computer. If the computer doesn't respond the first time, touch again or raise your hand to be assisted.

Sasa, tutajifunza kutumia computer. Katika somo hili, lazima uguze screen ukitumia sehemu ya kidole iliyo na nyama. Tafadhali usigonge au kusukuma computer. Ikiwa computer haita respond mara ya kwanza, gusa tena au inua mkono wako ili usaidiwe.

On your screen there is a green box. Please touch it now to see how the touch screen works. Can someone tell me, what color it has changed to?

Katika screen yako kuna sanduku la green. Tafadhali liguze sasa kuona vile touch screen inafanya kazi. Unaeza niambia limebadilika lika rangi gani?

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, it's red. Touch it again. After the box has disappeared there is an "OK" button. We'll use this button several times in today's study. To learn how to use it, please touch it. The box should disappear when you touch it.

Ndio, ni red. liguze tena. Baada ya box kupotea kuna 'OK' button. Tutatumia button hii mara kadhaa katika utafiti wa leo.

*{Lab assistant walks around to confirm that OK button has disappeared from every screen}*

**[LEAD]:**

You will see the screen "Please wait till the study continues." You will see this screen many times in the study today. Are there any questions on using the computer? OK, let's start with the

first part of the study.

Utaona kwa screen “Please wait till the study continues”. Utaona screen hii mara nyingi katika utafiti wa leo. Kuna maswali yeyote kuhusu kutumia kompyuta? OK wacha tuanze na sehemu ya kwanza ya utafiti.

*{Lead: Start 3\_Hydro\_ScaleComprehension zTree treatment. Walk around to confirm that ScaleComprehension has loaded on every participant's screen and then instruct participants to begin.}*

[LEAD]:

Please click on the line to indicate a number. Then press OK.

Tafadhali bonyeza kwa laini kuonyesha nambari. Alafu gusa ok

Locate and click on the no.5.

Tafuta na ubonyeze nambari 5.

Locate and click on the no.12.

Tafuta na ubonyeze nambari 12.

If you have problems, feel free to ask for help



Ukiwa na matatizo, hisi uhuru wa kuomba usaidizi.



[LEAD]:

For today's session, PLEASE ONLY USE THE TOUCHSCREEN FOR ALL TASKS AND QUESTIONNAIRES. DO NOT USE THE MOUSE.

Kwa utafiti wa leo, tafadhali tumia touch screen pekee kwa zoezi na maswali yote. Usitumie mouse

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**Timer:**  Fill in green box C15 **Introduction to interface-start** when CPR TestMouse started on zTree. 

**Timer:**  Fill in green box C16 **Introduction to interface-end** when ScaleComprehension completed on zTree. 

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## 6. PANAS

Treatment ID: 4

*{Lead: Start 4\_PANAS zTree treatment. Walk around to confirm that PANAS has loaded on every participant's screen and then instruct participants to begin, while reading aloud the questions one-by-one.}*

**[LEAD]:**

For each of the following statements, please think about the degree to which you currently feel the emotion, where 0 means “not at all” and 100 means “very much”. Please click on the line to indicate the degree to which you feel this emotion right now. Use the options in the middle if you fall somewhere in between. Press the “OK” button after you have made your choice. Please raise your hand if you have any questions. Otherwise, press the CONTINUE button now.

Kwa kila kauli zifuatazo, tafadhali fikiria ni kiasi gani unahisi kwa sahi, ambapo 0' inamaanisha hakuna kabisa na 100 inamaanisha Zaidi sana. Tafadhali bonyeza kwa line kuonyesha kiasi vile unahisi kwa sahi. Tumia chaguo la katikati kama unahisi kuwa katikati. Gusa ok button ukishaweka jibu lako Tafadhali, inua mkono kama uko na swali lolote. Haya gusa CONTINUE button sasa.

Please click on the line to indicate the degree to which you feel this emotion right now.

Tafadhali bonyeza kwa line kuonyesha kiasi ya vile unahisi kwa sahi

1. In the present moment, I feel interested.  
Sasa hivi nahisi kuwa na hamu ya kufanya jambo.
2. In the present moment, I feel distressed  
Sasa hivi nahisi kusunoneka.
3. In the present moment, I feel excited.  
Sasa hivi nahisi nimechangamka.
4. In the present moment, I feel upset.  
Sasa hivi nahisi kuudhika.
5. In the present moment, I feel strong.  
Sasa hivi nahisi mwenye nguvu.
6. In the present moment, I feel guilty.  
Sasa hivi nahisi mwenye hatia.
7. In the present moment, I feel hostile.  
Sasa hivi nahisi kuonyesha uhasama.
8. In the present moment, I feel proud.  
Sasa hivi nahisi majivuno.
9. In the present moment, I feel irritable.  
Sasa hivi nahisi kukerwa.

10. In the present moment, I feel alert.  
Sasa hivi nahisi uko chonjo.
11. In the present moment, I feel ashamed.  
Sasa hivi nahisi mwenye aibu.
12. In the present moment, I feel inspired.  
Sasa hivi nahisi kupa motisha.
13. In the present moment, I feel nervous.  
Sasa hivi nahisi kuwa na uoga.
14. In the present moment, I feel determined.  
Sasa hivi nahisi mwenye bidii.
15. In the present moment, I feel attentive.  
Sasa hivi nahisi kuwa makini.
16. In the present moment, I feel jittery.  
Sasa hivi nahisi siwezi kutulia
17. In the present moment, I feel active.  
Sasa hivi nahisi mchangamfu.
18. In the present moment, I feel afraid.  
Sasa hivi nahisi kuogopa.
19. In the present moment, I feel stressed.  
Sasa hivi nahisi kusumbuka kimawazo.
20. In the present moment, I feel anxious.  
Sasa hivi nahisi kuwa na wasiwasi.
21. In the present moment, I feel aggressive.  
Sasa hivi nahisi uchokozi.
22. In the present moment, I feel agitated.  
Sasa hivi nahisi kukasirishwa.
23. In the present moment, I feel dizzy.  
Sasa hivi nahisi kizunguzungu.
24. In the present moment, I feel a fast slow, pounding, or irregular heartbeat or pulse.  
Sasa hivi nahisi roho yangu inagonga haraka, inapiga kwa nguvu ama inapiga bila mpangilio.
25. In the present moment, I feel a shortness of breath.  
Sasa hivi nahisi kupungukiwa na hewa.
26. In the present moment, I feel that I have trouble thinking.  
Sasa hivi nahisi ninashida ya kufikiria.
27. In the present moment, I have a headache.  
Sasa hivi naumwa na kichwa.
28. In the present moment, I feel my mood is changing.  
Sasa hivi nahisi 'mood' yangu inabadilika.

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## **TIMER**

**Timer:** ⌚ Fill in green box C17 **PANAS -start** when 4\_PANAS started on zTree. ⌚

**Timer:** ⌚ Fill in green box C18 **PANAS -end** when 4\_PANAS ends on zTree. ⌚

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## **7. SALIVETTE 1: WHITE**

### **LEAD**

**[LEAD]:**

Now I will explain to you how the salivettes work. With these salivettes, we collect saliva samples for the analysis of hormones in the body. First, please rinse your mouth by drinking a sip of water.

*Sasa nitawaeleza jinsi salivettes zinafanya kazi, kupitia hizi salivettes, tunasanya sampuli za mate kwa uchunguzi wa homoni mwilini. Mwanzo, kamua mdomo kwa kunywa maji.*

*{Allow participants a moment to rinse mouths}*

Please take the **WHITE** salivette, open it and take out the small cotton swab. **Do not remove the labels, and do not put it in your mouth yet.** Please wait until everyone has a cotton swab in hand.

*Tafadhali chukua salivette ya WHITE, fungua kisha utoe pamba, usitoe labels, na bado usiitie mdomoni.*

*{Lead: Salivettes should be **WHITE**. Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Now put the cotton swab into your mouth and chew lightly on it. Please do not chew too hard, and under no circumstance should you swallow it. The cotton swab should absorb as much saliva as possible. After one minute, I will tell you to remove it again.

*Sasa weka pamba mdomoni na utafune pole pole. Tafadhali usitafune kwa nguvu, na pia hufai kuimeza. Pamba yafaa kunyonya mate mingi iwezekanavyo. Baada ya dakika moja, nitawaambia kutoa tena.*

*{Lead: Set stopwatch for **1 minute**; Timer should confirm with watch.}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

**TIMER**

**Timer:**  Fill in green box C19 **Salivette 1:white** when participants start chewing the salivette.



**8. STRESS\_VAS\_1**

**Treatment ID: 5**

*{Lead: Start 5\_StressVAS\_1 zTree treatment. Walk around to confirm that Stress\_VAS\_1 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

1. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*

**TIMER**

**Timer:**  Fill in green box C20 **Stress VAS 1** when 5\_StressVAS\_1 started on zTree. 

**9. PLACEBO / DRUG ADMINISTRATION**

**Treatment ID: 6**

*{Lead: Start 6\_PillTaken zTree treatment. Walk around to confirm that PillTaken has loaded on every participant's screen.}*



## **LEAD**

**[LEAD]:**

Okay now it is time to explain how the capsules will be taken. Inside of the packet labeled with your ID is a capsule. This capsule contains either hydrocortisone or a placebo (sugar pill, which looks and tastes identical to the hydrocortisone pill). It has been randomly decided whether you received hydrocortisone or placebo.

*Sawa, sasa ni wakati wa kueleza vile tembe zitamezwa. Ndani ya pakiti iliyoandikwa nambari yako ya usajili, kuna tembe. Hii tembe inayo hydrocortisone ama tembe iliyo na sukari. Imeamuliwa bila mpangilio wowote kama utapokea hydrocortisone ama placebo.*

We would like to remind you that both hydrocortisone and the sugar pill are extremely safe, and experiencing any side effects is very unlikely. If you do experience any side effects they will likely be limited to mild headache, dizziness, a spinning sensation, nausea, stomach pain, or bloating. If at any time during the remainder of the study you experience sickness or discomfort, please inform our nurse who will be present throughout this study.

*Tungetaka kukumbusha ya kwamba hydrocortisone na tembe ya sukari ni salama zaidi, na kuhisi madhara yoyote ni kwa uwezekano mdogo. Ukihisi madhara yoyote inaweza kuwa kiasi, kuumwa na kichwa, kizunguzungu, kuchafuka roho, kuumwa na tumbo ama kuhisi hewa mingi kwa tumbo. Kama kwa wakati wowote kwa huu utafiti utahisi mgonjwa ama usumbufu, tafadhali eleza muuguzi wetu ambaye atakuwa kwa wakati wote wa huu utafiti.*

At this time, please take the capsule out of the packet labeled with your ID, stand up, and hold the capsule in your hand. (Pause to check that capsules are in hand). Now, swallow the capsule with water. Please press the button on the screen when you have taken the pill.

*Kwa wakati huu, tafadhali chukua tembe kutoka kwa pakiti inayoandikwa nambari yako ya usajili, simama na ushike tembe kwa mkono wako. Sasa meza tembe na maji. Tafadhali gusa button on the screen kama ushameza tembe.*

---

## **NURSE**

*{Nurse: Verify that each subject has swallowed the capsule and monitor the room for any adverse reactions}*

---

## **TIMER**

*{Timer: Start timer (time since pill administration) as soon as participants are instructed to swallow the capsule}*

**Timer:**  Fill in green box C22 **All participants swallow capsule** when participants **swallow the capsule.** 

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## 10. INTRODUCTION TO 2 TASKS - DISCOUNTING AND STROOP TASKS

### LEAD

[LEAD]:

In this financial decisions task, you will play two different games to choose payments that you prefer across different times. Remember only one randomly selected task will be chosen for payment out of what you complete today. If this task is chosen for payment, you will receive one payment for participating in this study, an EARLIER payment OR a LATER payment. You will receive the EARLIER payment on an EARLIER date, OR you will receive the LATER payment on a LATER date. Your payment will be sent via MPesa by 6 pm on the date. On the day that you are scheduled to receive your payment, we will send you a text message reminder that the payment is coming. If you do not receive your payments, you should immediately contact the staff at Busara.

Katika shughuli hii ya uamuzi wa kifedha, utacheza michezo miwili tofauti kuamua malipo unayo pendelea kwa wakati tofauti. Kumbuka shughuli moja tu ndio itachaguliwa kwa malipo kwa zile ambazo utakamilisha leo. Ikiwa shughuli hii itachaguliwa kwa malipo, utapokea malipo moja kwa kushiriki katika utafiti huu, malipo ya MAPEMA au malipo ya BAADAE. Utapokea malipo ya MAPEMA tarehe ya mapema na kupokea malipo ya baadae tarehe ya BAADAE. Malipo yako itatumwa kwako kwa njia ya mpesa kabla ya 6 jioni kwa hio tarehe. Katika ile siku ambayo unatarajiwa kupokea malipo yako, tutakutumia ujumbe mfupi yakukumbusha yakua malipo inakuja. Usipo pokea malipo yako, wasiliana na Busara moja kwa moja.

### LEAD

[LEAD]:

You will make a total of 48 decisions in this task. The game has two parts. In the first part you will make 24 decisions about gaining money; in the second part, you will make another 24 decisions about losing money. If this task is chosen for payment, all 48 decisions have the same chance of being chosen as the payment decision, so you should make each decision as if it were the payment decision.

Utafanya jumla ya maamuzi 48 katika kazi hii. Mchezo una sehemu 2. Katika sehemu ya kwanza utafanya maamuzi 24 ya kupata pesa; katika sehemu ya pili, utafanya maamuzi mengine

24 ya kupoteza pesa.Kazi hii ikichaguliwa kwa malipo,maamuzi yote 48 yako na uwezekano sawa yakuchaguliwa kama maamuzi ya malipo,kwa hivyo,unafaa ufanye kila uamuzi ni kama huo ndio uamuzi wa malipo.

For this game, you will start with 1600 KSH. Because of the payment decision, you may receive more or less than 1600 KSH on the EARLIER date OR the LATER date. We will add or take away any money from the payment decision to your two payments of 1600 KSH.

Kwa huu mchezo, utanza na 1600 KSH. Kwa sababu ya maamuzi ya malipo,unaweza pokea zaidi au chini ya shilingi 1600 katika tarehe ya MAPEMA,au tarehe ya BADAAE.Tutaongeza au kupunguza pesa yeyote kutoka kwa maamuzi ya shilingi 1600.

**LEAD**

**[LEAD]:**

So, can someone tell me how many decisions you will make?

Kwa hivyo, kuna mtu anaweza niambia ni maamuzi mangapi utafanya?

*{Wait for respondent to answer 48.}*

**LEAD**

**[LEAD]:**

That's correct, you will make 48 decisions, and one of them will decide how much you are paid for the study if this task is chosen for payment.

Hiyo ni sawa, utafanya maamuzi 48,na moja yao itaamua ni pesa ngapi utalipwa kwa utafiti ikiwa kazi hii itachaguliwa kwa malipo.

**LEAD**

**[LEAD]:**

If this task is chosen for payment, how many payments will you receive?

Ikiwa kazi hii itachaguliwa kwa malipo, utapokea malipo ngapi?

*{Wait for respondent to answer 1 payment}*

**LEAD**

**[LEAD]:**

Yes, you will receive one payments – one at an EARLIER date OR one at a LATER date. Both payments will be sent via M-Pesa.

Ndio,utapokea malipo moja - moja katika tarehe ya MAPEMA au moja katika tarehe ya BAADAE.Malipo yote yatatumwa kwa njia ya M-pesa.

Since the computer will decide which task you will start first, I am going to explain each game to you and you will practice each game before starting the real task. We will start with the first type of game.

Kwasababu kompyuta ndio itaamua ni kazi kazi itaanza kwanza, nitawaelezea kila mchezo na mta practice kila mchezo kabla yakuanza kazi halisi. Tutaanza na mchezo wa aina ya kwanza.

## Treatment ID: 7

### *Explaining MPL\_Gains*

*{Lab Assistant opens 7\_MPL\_gains\_example.ztt}*

#### **LEAD**

**[LEAD]:**

Does everyone see an "OK" button in the center of the screen? Please wait to touch any buttons until I tell you.

Kila mtu anaona 'button' ya "OK" katikati ya skrini? Tafadhali usiguze button yoyote hadi nikuambie.

*{Lab Assistant confirms that program has started on all computers}*

Now please click the "OK" button in the center of the screen to move to the next screen. You will make 24 decisions in this part of the study. In each decision, you will choose between a smaller EARLIER payment and a larger LATER payment. The easiest way to explain how you will make decisions is to show you an example.

Sasa bonyeza button ya "OK" katikati ya skrini ili usonge kwenye skrini ifuatayo. Utafanya maamuzi 24 katika sehemu ya utafiti/study. Kwa kila uamuzi utachagua kati ya malipo kidogo ya mapema na malipo kubwa ya baadaye. Njia rahisi ya kueleza jinsi ya kufanya maamuzi ni kuwaonyesha mfano.

For each decision that you will make, you will see a screen like the one that you have in front of you now. These two boxes show you **when** you will receive the two payments. The box on the left shows the amount of money you will receive in the EARLIER payment, and the box on the right shows the amount of money you will receive in the LATER payment.

Kwa kila uamuzi utafanya utaona skrini kama iliyo mbele yako sasa. Box hizi mbili zinakuonyesha ni lini utapata malipo yako mbili. Box iliyokushoto inakuonyesha kiwango cha malipo utakayopokea mapema na box iliyo kulia inakuonyesha kiwango cha malipo utakayopokea baadaye.

In this example, how much is the EARLIER payment?

Kwa huu mfano, malipo ya MAPEMA ni ngapi?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Yes, the EARLIER payment is 400 KSH. And how much is the LATER payment?  
Ndio,malipo ya MAPEMA ni shilingi mia nne,Malipo ya BAADAE ni ngapi?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Yes, the LATER payment is 600 KSH.  
Ndio, malipo ya BAADAE ni shilingi mia sita.

**LEAD**

**[LEAD]:**

Each decision will be different. You will decide if you want to receive the EARLIER payment or the LATER payment. There is no right or wrong answer - you just choose the payment that you prefer more. To choose the EARLIER payment, touch the green "CHOOSE THE EARLIER PAYMENT" button on the left side of the screen. To choose the LATER payment, touch the yellow "CHOOSE THE LATER PAYMENT" button on the right side of the screen. So, to make a decision, you touch the button, which is below the payment that you prefer. When you touch the button, its color will turn red. To confirm your decision, you touch the "OK" button at the bottom of your screen. You can change your decision before you touch the "OK" button.

Kila uamuzi utakuwa tofauti. Utaamua ikiwa unataka kupokea malipo ya MAPEMA au ya BAADAYE.Hakuna jibu sahihi au lisilo sahihi-utachagua malipo unayopendelea mno.Kuchagua malipo ya MAPEMA,guza button ya green iliyo kulia kwa skrini”CHAGUA MALIPO YA MAPEMA”.Kuchagua malipo ya BAADAYE guza button ya yellow iliyo kushoto kwa skrini”CHAGUA MALIPO YA BAADAYE”.

Sasa kufanya uamuzi,unaguza button iliyo chini ya malipo unayopendelea.Ukiguza button rangi yake itageuka kuwa red/nyekundu.Kuthibitisha uamuzi wako guza button ya “OK” iliyochini ya skrini yako.Unaweza badilisha uamuzi wako kabla ya kuguza button ya “OK”

Let's look at the example. If you want to choose the EARLIER payment, you touch which button, green or yellow?

Sasa tuangalie mfano. Ukitaka kuchagua malipo ya mapema utaguza button ya green au yellow?

*{Pause to let subjects answer}*

**LEAD**

**[LEAD]:**

Yes, the green button on the left. And to choose the later payment you touch which button?  
Ndio, button ya green iliyo kushoto.Kuchagua malipo ya baadaye unaguza button gani?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Yes, the yellow button on the right. Try to touch one of the buttons yourself. To confirm your decision, you touch the "OK" button at the bottom of your screen. The computer will then move to the next decision. Are there any questions?  
Ndio, button ya yellow iliyo kulia.Jaribu kuguza moja ya buttons wewe mwenyewe..Kuthibitisha uamuzi wako,guza button ya “OK”iliyo chini ya skrini.Kompyuta itasonga kwa uamuzi unaofuata.Kuna maswali yoyote?

*{Pause to allow respondents to ask questions}*

**LEAD**

**[LEAD]:**

Today, you will make decisions from this game in 3 different rounds. Each round will have 8 decisions. The dates of the EARLIER and the LATER payments will be different in every round. At the beginning of each round, the boxes on your screen will show you when the EARLIER and LATER payments will take place for all the decisions in that round, so please pay special attention.

Leo utafanya maamuzi katika raundi tatu tofauti kwa mchezo huu.Kila raundi itakuwa na maamuzi nane.Tarehe ya malipo ya MAPEMA na BAADAYE itakuwa tofauti kwa kila raundi.Mwanzo wa kila raundi, kisanduku kilicho kwa skrini kitaonyesha lini malipo ya MAPEMA na ya BAADAYE yatakapo fanyika,kwa hivyo tafadhali kuwa makini.

So for example, in this decision, can someone tell me when you will receive the EARLIER payment?

Kwa mfano,kwa uamuzi huu,mmoja wenu anaweza nieleza ni lini atapokea malipo ya MAPEMA?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

That's correct, you will receive the EARLIER payment today. Now can someone tell me when you will receive the LATER payment?

Hiyo ni sahihi, utapokea malipo ya MAPEMA leo. Sasa mmoja wenu anaweza nieleza ni lini utapokea malipo ya BAADAYE?

*{Pause to allow respondents to answer}*

### **LEAD**

**[LEAD]:**

That's correct, you will receive the later payment in one week.

Hiyo ni sahihi, utapokea malipo ya BAADAYE kwa wiki moja.

Within a round, the date of the EARLIER payment is the same for all decisions and the date of the LATER payment is the same for all decisions. All 24 decisions in this part of the study also have the same chance of being chosen, so you should think carefully about each decision. You will receive the payment that you chose - the EARLIER payment or the LATER payment - from the **payment decision if this game is randomly chosen as the payment game**. Are there any questions?

OK. Touch the OK button to go to the next screen.

Kwa kila raundi, tarehe ya malipo ya MAPEMA ni sawa kwa maamuzi yote na tarehe ya malipo ya BAADAYE ni sawa kwa maamuzi yote. Maamuzi yote 24 katika kila sehemu ya utafiti yana nafasi sawa ya kuchaguliwa kwa hivyo yafaa ufikiri kwa makini kabla ya kufanya uamuzi. Utapokea malipo uliyochagua -malipo ya mapema au ya baadaye, kutokana na uamuzi wa malipo ikiwa mchezo huu utachaguliwa bila mpangilio kuwa mchezo wa malipo. Kuna maswali yoyote? OK. gusa OK button kusonga kwa skrini inayofuata.

### **LEAD**

**[LEAD]:**

Now we will start with a practice round. The practice round will be similar to the 3 later rounds you will play for real. In this practice round, you will make 4 decisions about how you want choose between an EARLIER date and a LATER date. This round is just for practice; these decisions will not be the payment decision.

Sasa tutaanza na raundi la jaribio. Hili zoezi la jaribio litakua sawa na raundi 3 zinazofuata ambazo utacheza kwa kweli. Katika raundi hii ya jaribio, utafanya maamuzi 4 kuhusu vile unavyotaka kuchagua pesa kati ya tarehe ya MAPEMA na tarehe ya BAADAYE. Raundi hii ni ya jaribio tu; maamuzi haya hayatakua ya malipo.

On your screen, you should see two dates. The date of the earlier payment is today and the date of the later payment is one week from today. Now please touch the "OK" button in the center

of the screen and start making your decisions. Remember, you have 4 decisions to make in this practice round. After making each decision, touch the "OK" button to move forward.

Katika screen yako,unafaa kuona tarehe mbili.Tarehe ya malipo ya mapema ni leo na tarehe ya malipo ya baadae ni wiki moja kutoka leo.Sasa tafadhali guza “OK” button iliyo katikati ya screen na uanze kufanya maamuzi yako.Kumbuka,una maamuzi 4 yakufanya katika raundi hii ya jaribio.Baada ya kufanya kila uamuzi,guza “OK” button kusonga mbele.

## **Treatment ID: 8**

### ***Explaining MPL\_Losses***

*{Lab Assistant opens 8\_MPL\_losses\_example.ztt}*

#### **LEAD**

**[LEAD]:**

The last type of game is the same as the choice game I just explained, except this time instead of choosing how much money you would like to receive earlier or later, you will choose how much money you would prefer to lose earlier or later.

Aina ya mwisho ya mchezo ni sawa na ule wa mchezo wa choice nilioeleza,isipokuwa wakati huu badala ya kuchagua ni pesa ngapi ungependa kupokea MAPEMA ama BAADAYE, utachagua ni pesa ngapi ungependelea kupoteza MAPEMA ama BAADAYE.

#### **LEAD**

**[LEAD]:**

Does everyone see an "OK" button in the center of the screen? Please wait to touch any buttons until I tell you.

Je, kila mtu anaona button ya “OK” katikati ya skrini? Tafadhali ngoja, usiguse button yoyote hadi nitakapo kwambia.

*{Lab Assistant confirms that program has started on all computers}*

Now please click the "OK" button in the center of the screen to move to the next screen. Again, you will make 24 decisions in this part of the study. In each decision, you will choose between a smaller EARLIER loss OR a larger LATER loss to be taken from the 1600 KSH you are given to start with if this task is chosen for payment. The easiest way to explain how you will make decisions is to show you an example.

For each decision that you will make, you will see a screen like the one that you have in front of you now. These two boxes show you **when** you will lose money. The box on the left shows the amount of money you will lose at the EARLIER time, and the box on the right shows the amount of money you will lose at the LATER time.



In this example, the EARLIER loss is 400 KSH and the LATER loss is 600 KSH (which will be taken from the 1600 KSH you are given to start with).

Sasa, tafadhali guza “OK” button katikati ya skini kusonga kwa skrini ijayo. Katika sehemu hii ya utafiti, utafanya maamuzi ishirini na nne. Katika kila uamuzi, utachagua kati ya hasara ndogo ya mapema au hasara kubwa ya baadaye, itakayotolewa katika 1600 uliyopewa ya kuanza nayo, iwapo kazi hii itachaguliwa kwa ajili ya malipo. Njia rahisi ya kueleza jinsi utakavyofanya uamuzi ni kwa kukuonyesha mfano.

Kwa kila uamuzi utakaofanya, utaona skrini kama uliyonayo mbele. Viji sanduku hivi vinakuonyesha wakati gani utapoteza pesa. Kisanduku kulicho kushoto kinakuonyesha kiwango cha pesa ambacho utapoteza mapema na kisanduku kilicho kulia kinakuonyesha kiwango cha pesa ambacho utapoteza.

Katika huu mfano, utapoteza MAPEMA shilingi 400 na BAADAYE shilingi 600 (ambayo itachukuliwa kutoka kwa shilingi 1600 uliyopewa ya kuanza nayo).

## **LEAD**

**[LEAD]:**

Each decision will be different. You will decide if you want to receive the EARLIER loss or the LATER loss. There is no right or wrong answer - you just choose the loss that you prefer more. To choose the EARLIER loss, touch the green "CHOOSE THE EARLIER LOSS" button on the left side of the screen. To choose the LATER loss, touch the yellow "CHOOSE THE LATER LOSS" button on the right side of the screen. So, to make a decision, you touch the button, which is below the payment loss that you prefer. When you touch the button, its color will turn red. To confirm your decision, you touch the "OK" button at the bottom of you screen. You can change your decision before you touch the "OK" button.

Kila uamuzi utakuwa tofauti. Utaamua ikiwa unataka kupoteza malipo ya MAPEMA au ya BAADAYE. Hakuna jibu sahihi au lisilo sahihi - utachagua malipo unayopendelea mno kupoteza. Kuchagua kupoteza malipo ya MAPEMA, guza button ya green iliyo kulia kwa skrini. “CHAGUA KUPOTEZA MALIPO YA MAPEMA”. Kuchagua malipo ya BAADAYE guza button ya yellow iliyo kushoto kwa skrini. “CHAGUA KUPOTEZA MALIPO YA BAADAYE”.

Sasa kufanya uamuzi, unaguza button iliyo chini ya kupoteza malipo unayopendelea. Ukiguza button rangi yake itageuka kuwa red/nyekundu. Kuthibitisha uamuzi wako guza button ya “OK” iliyochini ya skrini yako. Unaweza badilisha uamuzi wako kabla ya kuguza button ya “OK”

*{Pause to allow respondents to answer}*

## **LEAD**

[LEAD]:

Today, you will make decisions from this game in 3 different rounds. Each round will have 8 decisions. The dates of the EARLIER and the LATER losses will be different in every round. At the beginning of each round, the boxes on your screen will show you when the EARLIER and LATER losses will take place for all the decisions in that round, so please pay special attention.

Leo utafanya maamuzi katika raundi tatu tofauti kwa mchezo huu. Kila raundi itakuwa na maamuzi nane. Tarehe ya malipo ya MAPEMA na BAADAYE itakuwa tofauti kwa kila raundi. Mwanzo wa kila raundi, kisanduku kilicho kwa skrini kitaonyesha lini malipo ya MAPEMA na ya BAADAYE yatakapo fanyika, kwa hivyo tafadhali kuwa makini.

So for example, in this decision, can someone tell me when you will receive the EARLIER loss?

Kwa mfano, kwa uamuzi huu, mmoja wenu anaweza nieleza ni lini atapokea malipo ya MAPEMA?

*{Pause to allow respondents to answer}*

**LEAD**

[LEAD]:

That's correct, you will receive the EARLIER payment today. Now can someone tell me when you will receive the LATER loss?

*{Pause to allow respondents to answer}*

**LEAD**

[LEAD]:

That's correct, you will receive the later loss in one week.

Hiyo ni kweli, utapata malipo uliopoteza baada ya wiki moja.

Within a round, the date of the EARLIER loss is the same for all decisions and the date of the LATER loss is the same for all decisions. All 24 decisions in this part of the study also have the same chance of being chosen, so you should think carefully about each decision. You will receive the loss that you chose - the EARLIER loss or the LATER loss - from the **payment decision if this game is randomly chosen as the payment game**. Are there any questions?

Katikati ya raundi, tarehe ya malipo ya kupoteza ya MAPEMA ni sawa kwa kwa maamuzi zote na tarehe ya malipo ya kupoteza kwa tarehe ya BAADAYE ni sawa kwa maamuzi yote. Maamuzi yote 24 katika sehemu hii ya utafiti iko na idadi sawa ya uwezekano wa kuchaguliwa, kwa hivyo fikiria kwa makini kwa kila uamuzi. Utapokea malipo uliopoteza

ambayo ulichagua -ya MAPEMA au ya BAADAYE - kutoka kwa malipo ya maamuzi ikiwa mchezo huu utachaguliwa bila mpangilio wowote kama ya mchezo wa malipo, Je kuna swali ?

OK. Touch the OK button to go to the next screen.

### **LEAD**

**[LEAD]:**

Now we will start with a practice round. The practice round will be similar to the 3 later rounds you will play for real. In this practice round, you will make 4 decisions about how you want choose between an EARLIER date and a LATER date. This round is just for practice; these decisions will not be the payment decision.

Sasa tutaanza na raundi la jaribio. Hili zoezi la jaribio litakua sawa na raundi 3 zinazofuata ambazo utacheza kwa kweli. Katika raundi hii ya jaribio, utafanya maamuzi 4 kuhusu vile unavyotaka kuchagua pesa kati ya tarehe ya MAPEMA na tarehe ya BAADAYE. Raundi hii ni ya jaribio tu; maamuzi haya hayatakua ya malipo.

On your screen, you should see two dates. The date of the earlier payment is today and the date of the later payment is one week from today. Now please touch the "OK" button in the center of the screen and start making your decisions. Remember, you have 4 decisions to make in this practice round. After making each decision, touch the "OK" button to move forward.

Katika screen yako, unafaa kuona tarehe mbili. Tarehe ya malipo ya mapema ni leo na tarehe ya malipo ya baadae ni wiki moja kutoka leo. Sasa tafadhali guza "OK" button iliyo katikati ya screen na uanze kufanya maamuzi yako. Kumbuka, una maamuzi 4 yakufanya katika raundi hii ya jaribio. Baada ya kufanya kila uamuzi, guza "OK" button kusonga mbele.

### **Treatment ID: 9**

*{Lead: Start 9\_Stroop\_Instructions.ztt treatment. Walk around to confirm that Introduction has loaded on every participant's screen and then instruct participants to begin.}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions for this next game. You may follow along on the screen in front of you.

Nitakusiomea maelezo ya mchezo unaofwatia. Unaweza fwata kwenye screen iliyo mbele yako.

Please only use the touchscreen for this task. This game is called the arrows task. In this task, you will see an arrow on the screen. When the arrow is red, click on the green rectangle to the

side of the screen that the arrow points to. For example, if the arrow points to the left, then you would click on the green rectangle on the left side of the screen. You should hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next three rounds will be for practice and will not count towards your payment. Please press the “OK” button to continue now.

Tafadhali tumia touchscreen kwa huu mchezo. Huu mchezo unaitwa mchezo wa arrows. Katika kazi hii, utaona arrow kwa screen, ikiwa arrow ni red, bonyeza hapo kuna green kando ya screen penye arrow ina point. Kwa mfano, ikiwa arrow ina point kushoto, basi bonyeza kwenye rectangle ya green upande wa kushoto wa screen. Inafaa uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo. Raundi hizo zingine 3 zitakua za jaribio, haitahesbika katika malipo yako. Tafadhali bonyeza Ok ili kuendelea sasa.

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions aloud. You may follow along on the screen in front of you.

Now this time, the arrows will be blue and you will touch the opposite side of the screen. For example, if the arrow is blue and points to the left, then you would touch the green rectangle on the right side of the screen since it is opposite. Remember to hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next three rounds will be for practice and will not count towards your payment. Please press the “OK” button to continue now.

Nitakusomea maelezo kwa sauti. Unaweza fwata kwa screen iliyo mbele yako.

Sasa, arripwa zitakua blue na utaguzwa upande wa opposite wa screen. Kwa mfano, ikiwa arrow ni blue na ina angalia kushoto, basi utaguzwa hapo rectangle ya green iliyo upande wa kulia kwa maana iko opposite. Kumbuka uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo. Raundi 3 zinazofwata zitakua za jaribio na hazitahesabika kwa malipo yako. Tafadhali bonyeza OK ili kuendelea.

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions aloud. You may follow along on the screen in front of you.

Nitakusomea maelezo kwa sauti. Unaweza fwata screen iliyo mbele yako.

This will be the final practice round. This time you will see that some arrows will be blue and some will be red. When the arrow is red, touch the green rectangle on the same side as the arrow points to. However, when the arrow is blue, please touch the opposite side of the screen. For example, if the arrow is red and points to the left, you would touch the green rectangle on the left side of the screen. If the arrow is blue and points to the left, you would touch the green rectangle on the right side of the screen since it is the opposite side. Remember to hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next six rounds will be for practice and will not count towards your final payment. Please press the “OK” button to continue now.

Hii itakua jaribio la mwisho. Wakati huu uatona arrows zingine zitakua blue na zingine zitakua red. Wakati arrow ni red, guza rectangle ya green iliyo upande mmoja na penye arrow ina point. Ikiwa arrow ni ya blue, tafadhali guza upande wa opposite ya screen. Kwa mfano ikiwa arrow ni red na ina point kushoto, utaguza rectangle ya green iliyo upande wa kushoto wa screen. Ikiwa arrow ni ya blue na ina point kushoto, utaguza rectangle ya green upande wa kulia kwa sababu ni upande opposite. Kumbuka uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo Raundi 6 zinazofwatia ni za majaribio na haita hesabika kwa malipo yako ya mwisho. Sasa bonyezxa OK ili kuendelea.

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*



### **LEAD**

**[LEAD]:**

Great work. When you play this game later, you will have the chance to earn money if this task is chosen for payment.

kazi njema. Ukicheza huu mchezo baadaye, utakuwa na nafasi ya kujipatia pesa kama hii shughuli itachaguliwa kwa malipo.

### **TIMER**

**Timer:**  Fill in green box C23 **Introduction to 2 tasks - begins** when lead begins explanation for CTB/MPL. 

**Timer:** ⌚ Fill in green box C24 **Introduction to 2 tasks - ends** when lead ends explanation for Stroop. ⌚

---

*{Begin instructions for Salivette 2 AFTER instructions completed.}*

## 11. SALIVETTE 2: ORANGE

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water) Now, please take the **ORANGE** salivette and hold it up in your hand.  
**Sasa tutakuliza kutoa sampuli ingine ya mate,kurudia hatua sawa na hapo mbeleni.Tena, kamua mdomo kwa kukunywa maji kidogo.**  
**Sasa,chukua salivette ya ORANGE na uinue juu kwa mkono wako.**

*{Lead: Salivettes should be **ORANGE**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.  
**Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari,utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.**

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.  
**Unaweza anza kutafuna pamba.Kumbuka usitafune kwa nguvu sana,na usiimeze.**

*{Lead: Set stopwatch for **1 minute**; Timer should confirm with watch.}*



**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Ahsante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

---

**TIMER**

**Timer:**  Record the **timer and clock time (how many minutes and seconds after the pill administration)** in green boxes **Salivette 2:orange** when participants begin chewing on the cotton swab in **cells D25 and C25 respectively**. 

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

**12. STRESS\_VAS\_2**

**Treatment ID: 10**

*{Lead: Start 10\_StressVAS\_2 zTree treatment. Walk around to confirm that StressVAS\_2 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.



*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

**TIMER**

**Timer:**  Fill in green box C26 **Stress VAS 2** when *10 \_StressVAS\_2* started on zTree. 

---

**13. TASK Series 1– Please see Measures Protocol**

*{Lead: Complete either 1 or 2 tasks such that salivette 3 is taken as close to the 50 minutes after pill administration as possible.}*

---

## **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box E27 with the name of the task. Fill in green box C27 **Task Series 1 - begins** when first task begins. Fill in green box C29 **Task Series 1 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box E27 with the name of the **first task** and green box E28 with the name of the **second task**. Fill in green box C27 **Task Series 1 - begins** when first task begins. Fill in green box C28 (**If 2<sup>nd</sup> task**) **2<sup>nd</sup> Task** – begins when the second task begins. Fill in green box C29 **Task Series 1 - ends** when second task ends. 🕒

---

*{Begin instructions for Salivette 3 AFTER task series 1 completed.}*

---

## **14. SALIVETTE 3: BLUE**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **BLUE** salivette and hold it up in your hand.

Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni. Tena, kamua mdomo kwa kukunywa maji kidogo. (Pause to sip water)  
Sasa, chukua salivette ya **BLUE** na uinue juu kwa mkono wako.

*{Lead: Salivettes should be **BLUE**. Confirm color by having respondents hold up Salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.

*{Verify that all participants are ready with cotton swab}*



[LEAD]:

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Sasa unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze.*

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

[LEAD]:

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Ahsante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

## **TIMER**

**Timer:** 🕒 Record the timer and clock time (how many minutes and seconds after the pill administration) in green boxes **Salivette 3:blue** when participants begin chewing on the cotton swab in **cells D30 and C30 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

## **15. STRESS\_VAS\_3**

**Treatment ID: 11**

*{Lead: Start 11\_StressVAS\_3 zTree treatment. Walk around to confirm that StressVAS\_3 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

1. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*

---

### **TIMER**

**Timer:** 🕒 Fill in green box C31 **Stress VAS 3** when *11 \_StressVAS\_3* started on zTree. 🕒

---

### **16. TASK Series 2– Please see Measures Protocol**

*{Lead: Complete either 1 or 2 tasks such that salivette 4 is taken as close to the 75 minutes after pill administration as possible.}*

---

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box E32 with the name of the task. Fill in green box C32 **Task Series 2 - begins** when first task begins. Fill in green box C34 **Task Series 2 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box E32 with the name of the **first task** and green box E33 with the name of the **second task**. Fill in green box C32 **Task Series 2 - begins** when first task begins. Fill in green box C33 **(If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box C34 **Task Series 2 - ends** when second task ends. 🕒

---

*{Begin instructions for Salivette 4 AFTER task series 2 completed.}*

### **17. SALIVETTE 4: GREEN**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **GREEN** salivette and hold it up in your hand.  
**Sasa tutakuliza kutoa sampuli ingine ya mate,kurudia hatua sawa na hapo mbeleni. Tena, kamua mdomo kwa kukunywa maji kidogo.**

Sasa, chukua salivette ya GREEN na uinue juu kwa mkono wako.

*{Lead: Salivettes should be **GREEN**; Confirm color by having respondents hold up the salivette}*

[LEAD]:

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.

*{Verify that all participants are ready with cotton swab}*

[LEAD]:

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

Sasa unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze.

*{Lead: Set stopwatch for **1 minute**; Timer should confirm}*

[LEAD]:

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

Ahsante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.

---

## **TIMER**

**Timer:** 🕒 Record the timer and clock time (how many minutes and seconds after the pill administration) in green boxes **Salivette 4:green** when participants begin chewing on the cotton swab in **cells D35 and C35 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **18. STRESS\_VAS\_4**

**Treatment ID: 12**

*{Lead: Start 12 \_StressVAS\_4 zTree treatment. Walk around to confirm that StressVAS\_4 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi

1. In the present moment, I feel stressed.  
Sasa hivi nahisi kusumbuka kimawazo.

---

#### **TIMER**

**Timer:** ⌚ Fill in green box C36 **Stress VAS 4** when 12 \_StressVAS\_4 started on zTree. ⌚

---

#### **19. Task Series 3 – Please see Measures Protocol**

*{Lead: Complete either 1 or 2 tasks such that salivette 5 is taken as close to the 100 minutes after pill administration as possible.}*

---

#### **TIMER**

**Timer:** ⌚ If there is **ONE** task, fill in green box E37 with the name of the task. Fill in green box C37 **Task Series 3 - begins** when first task begins. Fill in green box C39 **Task Series 3 - ends** when first task ends. ⌚

**Timer:** ⌚ If there are **TWO** tasks, fill in green box E37 with the name of the **first task** and green box E38 with the name of the **second task**. Fill in green box C37 **Task Series 3 - begins** when first task begins. Fill in green box C38 (**If 2<sup>nd</sup> task**) **2<sup>nd</sup> Task** – begins when the second task begins. Fill in green box C39 **Task Series 3 - ends** when second task ends. ⌚

---

*{Begin instructions for Salivette 5 AFTER task series 3 completed.}*

#### **20. SALIVETTE 5: YELLOW**

*{Participant should rinse their mouths prior to collecting saliva}*

**LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **YELLOW** salivette and hold it up in your hand.  
Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni.  
Tena, kamua mdomo kwa kukunywa maji kidogo  
Sasa, chukua salivette ya **YELLOW** na uinue juu kwa mkono wako.

*{Lead: Salivettes should be **YELLOW**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.  
Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.  
Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze

*{Lead: Set stopwatch for **1 minute**; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.  
Asante sana. Sasa unaweza kutoa pamba tena. Tafadhali irudishe kwa chupa. Ifunike, na uiweke tena kwa meza

---

**TIMER**

**Timer:** 🕒 Record the timer and clock time (how many minutes and seconds after the pill administration) in green boxes **Salivette 5:yellow** when participants begin chewing on the cotton swab in **cells D40 and C40 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## 21. STRESS\_VAS\_5

**Treatment ID: 13**

*{Lead: Start 13 \_StressVAS\_5 zTree treatment. Walk around to confirm that StressVAS\_5 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi

1. In the present moment, I feel stressed.  
Sasa hivi nahisi kusumbuka kimawazo.

---

### **TIMER**

**Timer:** 🕒 Fill in green box C41 **Stress VAS 5** when 13 \_StressVAS\_5 started on zTree. 🕒

---

## 22. Task Series 4– Please see Measures Protocol

*{Lead: Complete either 1 or 2 tasks such that salivette 6 is taken as close to the 125 minutes after pill administration as possible.}*

---

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box E42 with the name of the task. Fill in green box C42 **Task Series 4 - begins** when first task begins. Fill in green box C44 **Task Series 4 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box E42 with the name of the **first task** and green box E43 with the name of the **second task**. Fill in green box C42 **Task Series 4 - begins** when first task begins. Fill in green box C43 (**If 2<sup>nd</sup> task**) **2<sup>nd</sup> Task** – begins when the second task begins. Fill in green box C44 **Task Series 4 - ends** when second task ends. 🕒

---

*{Begin instructions for Salivette 6 AFTER task series 4 completed.}*

### **23. SALIVETTE 6: RED**

*{Participant should rinse their mouths prior to collecting saliva}*

#### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **RED** salivette and hold it up in your hand.  
**Sasa tutakuliza kutoa sampuli ingine ya mate, tutarudia hatua sawa na hapo mbeleni, Tena, kamua mdomo kwa kukunywa maji kidogo. (Pause to sip water)**  
**Sasa, chukua salivette ya RED na uinue juu kwa mkono wako.**

*{Lead: Salivettes should be RED; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.  
**Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.**

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.  
**Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu mingi, na usiimeze**

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

Asante sana.Sasa unaweza toa pamba tena.Tafadhali irudishe kwa chupa, funika, rudisha tena kwa meza.

---

### **TIMER**

**Timer:** 🕒 Record the timer and clock time (how many minutes and seconds after the pill administration) in green boxes **Salivette 6:red** when participants begin chewing on the cotton swab in **cells D45 and C45 respectively.** 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

## **24. STRESS\_VAS\_6**

**Treatment ID: 14**

*{Lead: Start 14 \_StressVAS\_6 zTree treatment. Walk around to confirm that StressVAS\_6 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi

1. In the present moment, I feel stressed.  
Sasa hivi nahisi kusumbuka kimawazo.

---

### **TIMER**

**Timer:** 🕒 Fill in green box C46 **Stress VAS 6** when 14 \_StressVAS\_6 started on zTree. 🕒

---

## **25. Task Series 5– Please see Measures Protocol**

*{Lead: Complete either 1 or 2 tasks such that salivette 7 is taken as close to the 150 minutes after pill administration and after all questionnaires/tasks are completed as possible.}*

---

### **TIMER**



**Timer:** 🕒 If there is **ONE** task, fill in green box E47 with the name of the task. Fill in green box C47 **Task Series 5 - begins** when first task begins. Fill in green box C49 **Task Series 5 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box E47 with the name of the **first task** and green box E48 with the name of the **second task**. Fill in green box C47 **Task Series 5 - begins** when first task begins. Fill in green box C48 (**If 2<sup>nd</sup> task**) **2<sup>nd</sup> Task** – begins when the second task begins. Fill in green box C49 **Task Series 5 - ends** when second task ends. 🕒

---

## 26. SALIVETTE 7: BLACK

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water) Now, please take the **BLACK** salivette and hold it up in your hand.

Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni, Tena, kamua mdomo kwa kukunywa maji kidogo  
Sasa, chukua salivette ya **BLACK** na uinue juu kwa mkono wako.

*{Lead: Salivettes should be **BLACK**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu mingi, na usiimeze

*{Lead: Set stopwatch for **1 minute**; Timer should confirm}*



[LEAD]:

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

Asante sana. Sasa unaweza toa pamba tena. Tafadhali irudishe kwa chupa.funika, rudisha tena kwa meza.

---

### **TIMER**

**Timer:**  Record the **timer and clock time (how many minutes and seconds after the pill administration)** in green boxes **Salivette 7:black** when participants begin chewing on the cotton swab in **cells D50 and C650 respectively**. 

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **27. STRESS\_VAS\_7**

**Treatment ID: 15**

*{Lead: Start 15 \_StressVAS\_7 zTree treatment. Walk around to confirm that StressVAS\_7 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi

1. In the present moment, I feel stressed.  
Sasa hivi nahisi kusumbuka kimawazo.

---

### **TIMER**

**Timer:**  Fill in green box C51 **Stress VAS 7** when 15 \_StressVAS\_7 started on zTree. 

---

---

## **28. GENERAL QUESTIONNAIRE**

**Treatment ID: 16**

*{Lead: Start 16\_GeneralQuestionnaire zTree treatment. Walk around to confirm that GeneralQuestionnaire has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

### **[LEAD]:**

I will read to you the instructions for this questionnaire. You may follow along on the screen in front of you.

Nitakusomea maagizo ya hii questionnaire Pia unaweza kujisomea jinsi ilivyoandikwa kwenye skrini yako.

*{Read the following script which is also on the computer screen}*

The purpose of the following questions is to learn a little bit more about you and your current situation. For each question, please answer as accurately as possible. Press the "OK" button after you have made your choice for each question.

Tunakuuliza hayo maswali ili tuweze kukuelewa zaidi na pia kuelewa hali yako ya sasa. Kwa kila swali tafadhali peana jibu la kweli iwezekanavyo. Bonyeza “OK” baada ya kufanya maamuzi kwa kila swali.

Press the Continue button now to begin.



Bonyeza continue button sasa, tuanze



1. Please indicate your gender.  
Tafadhali onyesha jinsia yako.
2. How old are you (in years)? (range restricted to 18-50 years)  
Uko na miaka mingapi?
3. How tall are you (in feet and inches)? For example, if you are 5 feet 3 inches, please enter 53. (range restricted to 40-65 feet and inches)  
Wewe ni mrefu kiasi gani? (in feet and inches) kwa mfano, kama una urefu wa 5 feet 3 inches, tafadhali bonyeza 53.
4. How much do you weigh (kg)? (range restricted to 35-87 kg)  
Unauzito kiasi gani? (Kg)
5. What is your marital status? (single, living with partner, married)  
Hali yako ya ndoa ni ipi?
6. How many siblings do you have? (range restricted to 0-20 siblings)  
Uko na ndugu wangapi?
7. How much money do you earn per month (in KSH)? (range restricted 0-200000 KSH)  
Unapata pesa ngapi kwa mwezi (KSH)?
8. How much spending money do you normally have per month, AFTER rent, taxes, bills, etc. (in KSH)? (range restricted 0-200000 KSH)  
Unazo pesa ngapi za kutumia kwa kawaida kila mwezi, baada ya kulipa nyumba?

9. How much money do you typically spend in a week (in KSH)? (range restricted 0-50000 KSH)  
Je, wewe hutumia pesa ngapi kwa jumla kwa kawaida kila wiki?
10. How much money did you spend on the Monday of this week (in KSH)? (range restricted 0-20000 KSH)  
Ulitumia kiasi gani cha pesa Jumatatu ya wiki hii?
11. How many people depend entirely on your income? If none, enter zero. (range restricted to 0-20 dependents)  
Ni watu wangapi wanategemea mapato yako kikamilifu? Ikiwa hakuna, weka sufuri.
12. Are you ENTIRELY supported by someone else financially, without earning own money?  
Je, unasaidiwa kifedha kikamilifu na mtu mwingine, bila ya kuwa na mapato yako kibinafsi?
13. Do you do any work for which you are paid money?  
Je unafanya kazi yoyote ambayo unalipwa?
14. Do you do this work regularly (i.e. every week)?  
Je wewe hufanya kazi hii kila wiki?
15. Are you employed or self-employed?  
Je umeajiriwa au umejiajiri?
16. How often are you paid?  
Je wewe hulipwa baada ya?
17. Are you currently in debt?  
Je, sasa unadeni?
18. Did you smoke today?  
Umevuta sigara leo?
19. Did you drink alcohol, tea, or coffee today?  
Umekunywa pombe, chai au kahawa leo?
20. Did you eat or drink (anything besides water) in the 2 hours before you arrived today?  
Je umekula au kula (kitu kingine isipokuwa maji) saa mbili kabla kufika hapa?
21. Did you perform intense exercise (for example: cycling, weightlifting, or engaging in sexual activity) in the 2 hours before you arrived today?  
Je, ulifanya zoezi ngumu (kwa mfano: kuendesha baiskeli, kunyanyua uzani au ngono) saa mbili kabla kufika hapa?
22. At what time did you wake up today? (4:00 4:30.... 10:30am)  
Leo umeamka saa ngapi?
23. At what time did you go to bed yesterday? (9pm...3:30am)  
Ulienda kulala saa ngapi jana(9pm...3:30am)
24. What is the highest level of education you have completed?  
Umefikisha kiwango kipi cha juu cha mosomo?

25. Do you trust that your study earnings will be paid to you on the chosen dates?  
**Je unaamini kwamba malipo yako ya utafiti yatalipwa kwa tarehe ziizochaguliwa?**
26. Now I want you to think about today. Do you think that you have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?  
**Sasa nataka ufikiri juu ya ambayo ni leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?**
27. Now I want you to think about two weeks from today. Do you think that you will have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?  
**Sasa nataka ufikiri juu ya ambayo ni wiki mbili kuanzia leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?**
28. Now I want you to think about four weeks from today. Do you think that you will have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?  
**Sasa nataka ufikiri juu ya ambayo ni wiki nne kuanzia leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?**

## **TIMER**

**Timer:**  Fill in green box C52 **General Questionnaire - start** when *16\_GeneralQuestionnaire* started on zTree. 

**Timer:**  Fill in green box C53 **General Questionnaire - end** when *16\_GeneralQuestionnaire* ends on zTree. 

## **30. GUESSING MODULE**

**Treatment ID: 17**

*{Lead: Start 17\_GuessingModule\_Day1 OR 17\_GuessingModule\_Day7, depending on which day it is, zTree treatment. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

[LEAD]:

### **Introduction**

We are interested in knowing which pill you think that you received today. Approximately half of you received a hydrocortisone pill, and approximately half of you received a placebo pill.

Tungependa kujua ni tembe ipi unadhani ulipewa leo. Takriban nusu ya watu kati yenu walipewa tembe ya hydrocortisone, na wengine nusu wamepewa tembe ya placebo.

*{If Day 1, use the following script}*

On the next screen we will ask you to guess which pill you got today — if you are correct you will get 100 KSH once data collection is completed, if you are wrong, you will get nothing. It is therefore in your best interests to be honest about which pill you got.

Katika skrini inayofuatia, tutakuuliza unadhani ni tembe ipi ulipokea leo – ukipata jibu sahihi, utapokea shilingi mia moja kwa siku ya saba. Ukinoa, hautapata chochote. Kwa hivyo itakuwa bora zaidi kwako ikiwa utapeana jibu ya kweli kuhusu tembe uliyopokea.

We will be asking you a similar question every day for the next seven days, and you will be paid out your guess from **one** of the seven days. The computer will decide which day's guess will be paid out.

Tutakua tunakuuliza swali kama hili kila siku kwa siku saba zifuatazo na siku ya saba utalipwa kulingana na jibu moja kati ya majibu uliyodhania kwa siku saba zilizopita. Kompyuta itaamua ni jibu ya siku gani utalipwa nayo.

*{If Day 7, use the following script}*

On the next screen we will ask you to guess which pill you got today — if you are correct you will get 100 KSH once data collection is completed. if you are wrong, you will get nothing. It is therefore in your best interests to be honest about which pill you got.

Katika skrini inayofuatia, tutakuuliza unadhani ni tembe ipi ulipokea leo – ukipata jibu sahihi, utapokea shilingi mia moja utafiti ukimalizika. Ukinoa, hautapata chochote. Kwa hivyo itakuwa bora zaidi kwako ikiwa utapeana jibu ya kweli kuhusu tembe uliyopokea.

You will be paid out your guess from **one** of the seven days. The computer will decide which day's guess will be paid out.

Utalipwa guess yako moja kati ya siku hizo saba. Komputa itaamua ni guess ya siku gani italipwa.

*{Press OK}*

### **Guess/Investment**

Which pill do you think that you received today?

Unadhani ulipewa tembe gani leo?

☐ Placebo

☐ Hydrocortisone

*{Press OK}*

### **Confidence**

*{Note that participants are going to see different screen based on which pill they indicated - difference indicated in **bold**.}*

How confident are you that you received the **pill you indicated** today? Please click on the line to indicate how confident you are that you received **the pill you indicated** today.

Unajiamini kwa kiasi gani kuwa ulipokea tembe uliyoashiria leo? Tafadhali bonyeza kwenye laini kuonyesha jinsi unavyojiamini ya kuwa ulipokea tembe uliyoashiria leo.

Scale: “Not at all confident” to “Very confident”

Scale: “Kutojiamini hata kidogo ” hadi “ kujiamini kabisa“

### **Symptoms**

*{Note that participants are going to see different screen based on which pill they indicated - difference indicated in **bold**.}*

We are now going to ask you some questions about why you think that you received **the pill that you guessed** today.

Tutakuuliza maswali kadhaa kuhusu ni kwanini unadhani ulipokea **tembe uliyoashiria**.

Indicate the extent to which your belief that you received the **pill that you guessed** pill today is based on the following factors:

Onyesha ni kwa kiwango gani unajiamini ulipokea tembe uliyoashiria leo kulingana na vigezo vifuatazo:



Scale: “Not at all” to “Very much”



Scale: “Hapana kabisa” hadi “ Ndio kabisa“

- My choice is based on the taste of the pill.  
Chaguo langu ni kulingana na ladha ya tembe.
- My choice is based on the look of the pill.  
Chaguo langu ni kulingana na sura ya tembe.
- My choice is based on physiological reactions I experienced after taking the pill (such as changes in heart rate or breathing, headache, dizziness stomach problems, sweating, etc.)  
Chaguo langu ni kulingana na athari za kisaikolojia nilizokumbana nazo (kama vile kubadilika kwa mpigo wa moyo au kupumua, kuumwa na kichwa, kizunguzungu, matatizo ya tumbo, kutokwa na jasho, na kadhalika).

- My choice is based on psychological reactions I experienced after taking the pill (such as feeling uneasy, jittery, irritable, nervous or anxious).  
Chaguo langu ni kulingana na athari za kisaikolojia nilizokumbana nazo baada ya kumeza tembe (Kama vile kuhisi kutotulia, kukerwa, kuwa na wasiwasi au hofu).
- I think that more people received the **pill that you guessed** than the **other** pill.  
Nafikiri kuwa watu waliopokea tembe niliyoashiria ni wengi kuliko waliopokea tembe hiyo nyingine.
- I picked at random.  
Nilichukua bila mpangilio wowote.

### TIMER

**Timer:**  Fill in green box C54 **Guessing module - start** when *GuessingModule* started on zTree. 

**Timer:**  Fill in green box C55 **Guessing module - end** when *GuessingModule* ends on zTree. 

## 31. FINAL PAYMENT SCREEN

### Treatment ID: 18

*{Open 18\_Payment\_Day1.ztt OR 18\_Paymen\_Day7.ztt, depending on which day it is. If it is Day 1, most screens should be blank. If it is Day 7, all participants should see something on their screens.}*

### LEAD

#### [LEAD]:

You have completed all of the questionnaires and tasks required in today's session. Many thanks for your participation! **You will only be paid for one of these tasks completed on either day 1 or day 7.** First, please enter your seat number into the computer. It is important that you enter your seat correctly to receive payment at the end of the week.

In a moment, the computer will randomly select whether you will be paid today and task for which you will be paid. Remember, the computer will randomly choose from the telephone task, jars task, arrows task, slider matching, or the financial decisions task to be paid based on your performance in that game.

Umekamilisha maswali na shughuli za utafiti wa leo. Utalipwa na moja ya shughuli hizi uliokamilisha siku ya kwanza au ya saba

Kwanza bonyeza nambari ya mahali umeketi kwa komputa. Ni muhimu uweke nambari visahihi ndio kupokea malipo mwisho wa wiki.



Kwa muda,komputa itachagua bila mpangilio wowote kama utalipwa leo nan i shughuli gani italipwa. Kumb uka komputa itachagua bila mpangilio wowote kama shughuli ya telephone,jars,arrows,slider au shughuli ya maamuzi ya kifedha italipwa kulingana na utendakazi wako kwa hio kazi.

*{If Day 1, use the following script}*

Today we thank you for your participation with 300 KSH. Today, we will only show you your earnings if a choice in the financial decisions task with payment today was chosen for payment OR if your choice in the telephone task requires you to call today. If you see it on the screen, please make a note of the task that was chosen for payment and the amount that you will be paid.

Otherwise you will find out which task was chosen for payment and the amount you will be paid on Day 7.

Tunakushukuru leo kwa kushiriki na kulipwa 300.Leo tutakuonyesha mapato ikiwa chaguo lako kwa michezo ya kifedha limechaguliwa ama kama chaguo lako kwa mchezo wa kupiga simu inakuhitaji kupiga leo.

Ukiona kwa screen,tafadhali hakikisha umejua ni shughuli imechaguliwa kwa malipo na kiwango utakacholipwa.

Kwa hivyo utajua ni shughuli itachaguliwa kwa malipo na kiwango itakayolipwa siku ya saba.

*{If Day 7, use the following script}*

When you see it on the screen, please make a note of the task that was chosen for payment and the amount that you will be paid.

Utakapona malipo yako kwa skrin zingatia ni kazi gani imechaguliwa kufanya malipo na kiasi cha pesa utakayolipwa.

Your final payment that was displayed shows you the total amount of money that you earned today and includes the show up fee, transport fee, and payment for one of the tasks that was randomly selected. This money will be transferred by MPesa to the phone number you gave us when you registered.

Malipo yako ya mwisho uliyo yaona kwa skrini yanaonyesha mapato yako uliyo yapata siku ya leo na ni pamoja na pesa ya kushiriki,nauli na malipo ya mojawapo ya kazi ambayo imechaguliwa bila mpangilio wowote. Pesa hii itatumwa kwa njia ya Mpesa kwa nambari amabayo ulitupatia wakati ulikuwa unajiandikisha.

- If the financial decisions task was randomly chosen for payment, you will receive an earlier and later payment based on one of the decisions you made during the experiment.

Ikiwa kazi ya uamuzi wa kipesa ndio imechaguliwa kwa malipo, utapokea malipo ya karibuni na ya baadaye kulingana na mojawapo ya maamuzi uliyofanya wakati wa utafiti.

- If the slider matching task was randomly chosen for payment, you will receive 10 KSH for each correct match in Round 1, a bonus of 50 KSH if you correctly guessed the number correct, and 20 KSH for each correct match in Round 2 if you met your goal.

Ikiwa kazi ya kulinganisha slider ndio imechaguliwa kuwa ya malipo, utapokea shilingi 10 kwa kila moja ambayo ni sahihi kwa raundi ya 1, bonus ya shilingi 50 ikiwa ulibahatisha na ukapata sahihi, utapokea shilingi 20 kwa kila moja ambayo umepata sahihi kwa raundi ya 2 ikiwa umefikia lengo lako.

- If the arrows task was randomly chosen for payment, you will receive 25 KSH for each arrow that you chose correctly and lose 30 KSH for every 10 seconds you spent answering.

Ikiwa kazi ya arrows imechaguliwa kuwa ya malipo, utapokea shilingi 25 kwa kila arrow ambayo umechagua sahihi na kupoteza shilingi 30 kwa kila sekunde 10 utatumia kujibu.

- If the telephone task was randomly chosen for payment, you will receive 500 KSH one month from today if you call Busara on the date selected from one of your choices in the game. Please see the lab assistant before leaving if the telephone task was chosen for payment, so that we can remind you of the dates you will have to call Busara.

Ikiwa kazi ya simu imechaguliwa kuwa ya malipo, utapokea shilingi 500 mwezi moja kutoka leo kama utawasiliana na Busara kwa tarehe iliyochaguliwa kuotokana na kazi hiyo. Tafadhali ongelesha mmoja wetu ikiwa malipo itaamuliwa na huu mchezo wa simu ili kuelezewa tarehe ya kuwasiliana na busara.

- If the jars task was randomly chosen for payment, you will be paid based on one of the decisions between Jar A and Jar B that you made during the experiment.

Ikiwa kazi ya mkebe ndio imechaguliwa kwa malipo, utalipwa kulingana na maamuzi uliyofanya wakati wa utafiti kati ya mkebe A au B

The computer randomly decided which task you will receive payment for in addition to your show up fee. If you have any questions about this, please ask the lab staff before leaving.

Kompyuta imechagua bila mpangilio yeyote ile kazi utalipwa nayo na pia mtaweza kupata malipo zaidi ya kukubali kushiriki. Ukiwa na swali yeyote tafadhali uliza mmoja wetu kabla kutoka.

**Timer:** ⌚ Fill in green box C56 **Final Payment Screen - start** when *FinalPaymentScreen* begins on zTree. ⌚

### **32. DEBRIEF and Heart Rate and Blood Pressure Measurement (HR\_2, BP\_2)**

#### **LEAD**

**[LEAD]:**

We are almost finished. Our nurses will now take one more measurement of your heart rate and blood pressure. Please remain seated as they will attend to each of you individually.

**Tuko karibu kumaliza. Muuguzi wetu atachukua kipimo moja zaidi cha heart rate na blood pressure. Tafadhali baki umeketi kwa sababu atashughulikia kila mmoja wenu kibinafsi.**

*{Lead: Instruct nurse to begin taking 2nd round of heart rate, and blood pressure measurements, starting with the same person as in the last measurement and proceeding in the same order}*

*{Nurse: Record the HR and BP of each subject using SurveyCTO on tablet. Please confirm that you fill in the seat number with the corresponding HR/BP for each participant. }*

#### **Day 1 Script**

*{If Day 1, use the following script}*

**[LEAD]:**

Thank you for your participation in the study. Our study today was interested in the effects of stress on the body. Remember, that you were given either hydrocortisone or a placebo sugar pill today, so although it is rare, it is possible that you may feel some of the following side effects: headache, dizziness, spinning sensation, nausea, stomach pain, or bloating. We are very sorry if you are experiencing any of these feelings, but please note that any side effects should wear off in a few hours. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed so that the nurse may attend to you.

**Asanti sana kwa kushiriki kwa huu utafiti. Utafiti huu leo ulikuwa una nia ya athari za kusumbuka kimawazo. Kumbuka leo ulipokea hydrocortisone ama tembe ya sukari. Sasa, hata kama ni nadra sana, unaeza skia madhara ifuatayo: kichwa kuuma, kizunguzungu, kuskia kuzungukiwa, kuchafuka roho, tumbo kuuma, ama kufura tumbo.**

**Twasema samahani kama utaskia moja ya hizo athari. Tafadhali kumbuka kuwa athari zitaisha baada ya masaa kidogo. Sasa kama uko na maswali yoyote ama maoni kuhusu kazi uliyo fanya leo, nijulishe, sana sana kama utajiskia mgonjwa ama shida ndio muuguzi akushughulikie.**

If you experience any reactions after you leave here today, please go to a hospital or medical provider immediately and bring with you the written documentation that you have participated in a study, so that the medical provider may find out which capsule you were given and in what dosage. Please refer to the consent form you were given at the beginning of the study for additional information.

Kama utaskia adhari yoyote baada ya kuondoka, tafadhali enda kwa hospitali ama pata matibabu kwa haraka halafu uende na na document ambayo imeandikwa ya kwamba ulishiriki kwa utafiti, ndio mwenye kukupea matibabu ajue ulipata tembe gani na ni kiwango gani. Tafadhali rejea consent form uliyo pewa hapo mwanzo wa utafiti kwa ujube zaidi.

We thank you very much for having participated today! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

Tunakushukuru sana kwa kushiriki leo. Kumbuka majibu uliyopatia ni ya siri na hakuna atakaye julishwa inje ya timu ya utafiti kwa form za kila mmoja

You will get paid KSH 650 for your participation today in addition to KSH 50 if you arrived on time. This money will be transferred to the phone number you gave us when you registered by MPesa this afternoon.

Utalipwa shilingi 650 kwa kushiriki leo, Zaidi ya hayo utapokea shilling hamsini kama ulifika mapema. Hiyo pesa itatumwa alasiri ya leo kwa namba ya simu yako yenye ulitupatia wakati wa kujisajili

The computer randomly decided which task you will receive payment for in addition to your show up fee. If you have any questions about this, please ask the lab staff before leaving.

Kompyuta imeamua bila mpangilio yeyote ile kazi utalipwa nayo juu ya show up fee. kupata malipo zaidi ya kukubali kushiriki. Ukiwa na swali yeyote tafadhali uliza mmoja wetu kabla kutoka.

Finally, we asked you continue with this study over the next 6 days. Kindly arrive to **[place and address]** at **[time]** today. Note that this location is different than the today. The session will last about 1¼ hour. Remember that you will be paid 350 shillings for your participation, plus 50 shillings bonus if you arrive on time to **[place]** and even more money if you follow through and complete all 6 daily sessions. Please remember not to drink alcohol, drink coffee, or smoke at all during the 7-day study period, especially before the session. Also, you should not eat, drink liquids other than water, or engage in strenuous physical activity, including sexual activity, during the last 2 hours before the session tomorrow. If you have any questions

about this, please ask before you leave today.

Mwisho, tutakuuliza kuendelea na huu utafiti kwa siku sita zifuatazo. Tafadhali ,fika kwa eneo la (Place and address) saa (time) leo.Kumbuka, eneo hilo ni tofauti na leo. Utafiti utachukua takriban saa moja na dakika kumi na tano. Kumbuka utalipwa shilingi 350 kwa kushiriki, zaidi utapokea shilingi hamsini kama faida ukifika mapema (Place)bila kuchelewa utapata pesa zaidi kama utashiriki kwa siku zote sita kila siku. Tafadhali kumbuka kutokunywa pombe, kahawa, ama kuvuta sigara kwa siku zote saba za utafiti,sana sana kabla ya kuanza utafiti. Pia usikule ama kunywa vinywaji ila maji, ama kujishughulisha na kazi mzito ya kimwili ikiwa ni pamoja na kushiriki ngono,masaa mawili kabla ya kuaanza utafiti. Kama uko na swali uliza kabla hujaondoka leo.

The session has finished. Please pack up your things now and join me. Wait in the waiting room until we pay you. Please give me the visitor pass and the placecard on the way out.

Thank you very much!

Tumemaliza session. Tafadhali kusanya vilago zako na unifuata. Ngojea kwa chumba kusubiri mpaka upokee malipo. Tafadhali nisaide na visitor pass na placecard ukitoka. Asanti sana.

*{Nurse and Lead: Please hand out refreshments (drinks and snacks) to participants now.}*  
*{Reminder: Ensure that copies of consent forms handed out to each participant by the end of the session.}*

## Day 7 Script

*{If Day 7, use the following script}*

Thank you for your participation in the study. Our study this week was interested in how stress affects behavior, and the situation was created to make you feel stressed. Remember, that you were given either hydrocortisone or a placebo sugar pill today, so it is possible you feel stressed or you may feel no different than before the session. We are very sorry if you indeed did feel stressed out during the study, but please know that any side effects should wear off in a few hours. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed so that the nurse may attend to you.

Asanti sana kwa kushiriki kwa huu utafiti. Huu utafiti kwa hii wiki ulikuwa na nia ya vile kusumbuka kimawazo inavyo athiri tabia, na hiyo hali ilikuwa imetengenezwa kukufanya usikie kusumbuka kimawazo.

Kumbuka leo ulipokea tembe ya hydrocortisone ama tembe ya sukari, unaweza sikia kusumbuka kimawazo ama ukose kusia tofauti yoyote na kabla session kuanza. Twasema samahani kama utaskia kusumbuka kimawazo wakati wa utafiti, lakini itaisha baada ya masaa

chache. Sasa kama uko na maswali yoyote ama maoni kuhusu kazi uliyo fanya leo, nijulishe, sana sana kama utajiskia mgonjwa ama shida ndio muuguzi akushughulikie.

If you experience any reactions after you leave here today, please go to a hospital or medical provider immediately and bring with you the written documentation that you have participated in a study, so that the medical provider may find out which capsule you were given and in what dosage. Please refer to the consent form you were given at the beginning of the study for additional information.

Kama utaskia adhari yoyote baada ya kuondoka, tafadhali enda kwa hospitali ama pata matibabu kwa haraka halafu uende na na document ambayo imeandikwa ya kwamba ulishiriki kwa utafiti, ndio mwenye kukupea matibabu ajue ulipata tembe gani na ni kiwango gani. Tafadhali rejea consent form uliyo pewa hapo mwanzo wa utafiti kwa ujube zaidi.

We thank you very much for having participated today, and hope that you will come again when we invite you next time! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

Tunakushukuru sana kwa kushiriki leo, na tunatumai utakuja tena tukikualika wakati mwingine. Kumbuka majibu uliyopatia na ni ya siri na hakuna atakaye julishwa inje ya timu ya utafiti kwa form za kila mmoja



You will get paid KSH 350 for your participation and transport today, plus an additional KSH 50 if you arrived on time. You also saw your additional earnings on the previous screen. If you attended all 7 sessions, you will receive an additional 500 KSH bonus.

Utalipwa shilingi 350 kwa kushiriki na nauri plus shilling hamsini kwa kufika mapema. Kama ulishiriki siku saba utapokea bonus ya shilling mia tano. Pia umeona malipo yako ya ziada kwa screen iliyotangulia.

The session has finished. Please pack up your things now and join me. Wait in the waiting room until we pay you. Please give me the visitor pass and the placecard on the way out. Thank you very much!

Session imeisha, tafadhali chukua vilago vyako na unifuata, tafadhali ngoja kwa waiting room mpaka ulipwe. Tafadhali nirundishie visitors card na card iliyo na number yako ukitoka inje. Asanti sana.

**Timer:**  Fill in green box C57 **Debrief and HR/BP-measure 2 (begins)** when the debrief begins. 

**Timer:**  **Record the clock end time** when the session ends in cells C58 and B4. 

*{**Timer:** Verify that all green boxes in the timesheet are completely filled in and check for accuracy. Please list any errors, inconsistencies, etc. in the Notes box.}*

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# Hydro and TSST Session Protocol: Measures

SESSION OVERVIEW
<p><b>Sample order of tasks/questionnaires below (actual order will be randomized for each session: always follow the lettered order A-I of files in the session folder)</b></p> <ul style="list-style-type: none"><li>A. MPL (gains + losses) Tasks: ztree</li><li>B. Effort Discounting Task: ztree</li><li>C. TNC Risk Task: ztree</li><li>D. Discounting Questionnaires: ztree</li><li>E. Self-Efficacy Task: ztree</li><li>F. Self-Efficacy Questionnaires: ztree</li><li>G. Stroop Task: ztree</li><li>H. Executive Control Questionnaires: ztree</li></ul>



## SOBC 2A Hydro Measures Procedure and Script

Legend:

\*\*\*\*\* **LOCATION** \*\*\*\*\*

[User in brackets]

Scripted instructions are framed

*{Directions in braces and italics}*

**\*NOTE: Order of the questionnaires and tasks will be randomized for each session. The order below will not apply to every session. Always use the numbered order of the files in the ztree session folder with today's date in box.**

### **A. MPL (GAINS + LOSSES)**

**Treatment ID: 91**

*{Open Discounting\_Tasks\_randomized\_(today's date).ztt}*

### **LEAD**

**[LEAD]:**

Now you will begin to play each of the games I've explained for the chance to win real money. The computer will randomly decide which game you play first. You may play the games to lose money first or you may play the games to gain money first. In red, you will see ROUND # and MODULE # to let you know which round you are on and which game you are playing out of the four possibilities. Please pay special attention to this instructions screen, which will show you the EARLIER date and the LATER date for each round of the game. Once you click OK to begin, you will complete all 48 decisions in order. Are there any questions?

If you are ready to begin, please read the instructions screen and press the OK button to start making your first decision. Please raise your hand at any point during the task if there is something you do not understand or if you have a question and we will assist you.

Sasa taanza kucheza kila mchezo nilivyoelezea ili uweze kupata nafasi ya kujishindia pesa za ukweli. computer itachagua bila mpangilio wowote ni mchezo upi utacheza ya kwanza. Unaweza anza na ya kupata pesa au ya kupoteza pesa. kwa rangi nyekundu utaona # ROUND na # MODULE ambayo itakuonyesha uko katika raundi ipi na ni mchezo upi kati ya zile nne unayocheza wakati huo. Tafadhali tilia maanani maelezo iliyo kwa screen, ambayo itakuonyesha tarehe ya malipo ya MAPEMA na tarehe ya malipo ya BAADAE kwa kila raundi ya mchezo. Ukisha bonyezaOK ili kuanzia, utakamilisha maamuzi 48 zote kwa mpangilio. Je kuna swali?

Ikiwa uko tayari kuanzia, tafadhali soma maelezo iliyo katika screen yako na uboyeze OK ili kuanza kufanya maamuzi. Tafadhali inua mkono iwapo uko na swali, tutakusaidia.

## B. EFFORT DISCOUNTING TASK

Treatment ID: 92

*{Open “Effort\_Discounting\_(today’s date).ztt}*

### LEAD

[LEAD]:

*{Read the following script which is also on the computer screen}*

This task is called the “telephone game”. In this task, you will make decisions about when you would prefer to contact Busara. In each decision, you will choose between an EARLIER date and a LATER date to make the phone calls.

Kazi hii inatwa telephone game au mchezo wa simu. Katika kazi hii ,utafanya maamuzi kuhusu ni lini ungependelea kuwasiliana na Busara . katika kila uamuzi, utachagua kati ya tarehe ya MAPEMA na tarehe ya BAADAYE ambayo utapiga simu.

If this task is chosen for payment, you will be paid 500 KSH one month from today on (DATE ONE MONTH FROM TODAY). In order to get this payment, you must contact the Busara Center a number of times on a particular date. You will choose when to contact us, between an EARLIER OR a LATER date. You may contact us with a phone call, SMS, or “please call me” but it must be from the phone number in our records. If your phone number has recently changed, or you may use a different phone to contact us, please notify a member of the lab staff before you leave today. We will also use the phone number you provide to send you SMS text reminders on the day in which you are supposed to contact Busara, so that you do not forget.

Ikiwa kazi hii itachaguliwa ya malipo, utalipwa 500KSH mwezi mmoja baada ya leo, tarehe (mezi mmoja baada ya leo) .ili uweze kupata haya malipo, lazima uwasiliane nasi mara kadhaa siku fulani. Utachagua siku ya kuwasiliana na sisi kati ya tarehe ya MAPEMA au tarehe ya BAADAE. Unaweza wasiliana na sisi kupitia kupiga simu, sms, please call me lakini lazima iwe kutoka kwa simu ambayo iko kwa rekodi yetu. Ikiwa umebadilisha namba yako ya simu, au utatumia namba tofauti kuwasiliana na sisi, tafadhali tujulishe kabla ya kuondoka leo. Tutatumia namba ambayo utatupatia kukutumia ujumbe mfupi wa kukukubusha ile siki unahitajika kuwasiliana na Busara,ili usisahau.

Each contact must be at least ten minutes apart between 6PM and 10PM on the date you choose. For example, if you choose to call twice on [DATE TWO WEEKS FROM TODAY]

and your first phone call is 7:00 PM, your next call cannot be made until 7:10 PM or later. Kila mara utakapo wasiliana lazima iwachane na dakika 10 kati ya saa 6PM na 10 PM ile tarehe utachagua .kwa mfano ukichagua kupiga mara mbili ( TAREHE YA WIKI MBILI KUANZIA LEO) na simu yako ya kwanza ni saa 7PM, simu inayofuata haiwezi fanyika hadi 7:10 au baadaye.

The next round will be for practice and will not count towards your payment. Please press the Continue button to move to the practice round, but kindly do not press anything on the next screen until I tell you to do so. Let's go through the example on the screen.

Raundi ya pili itakua ya jaribio n ahitahesabika katika malipo yako. Tafadhali bonyeza continue ili kuenda kwa raundi ya jaribio, lakini tafadhali usibonyeze chochote katika screen hadi nikueleze . tupitie huo mfano uliyo kwa screen.

*{Make sure participants' screens display the "PRACTICE QUESTION"}*

## **LEAD**

**[LEAD]:**

For each decision that you will make, you will see a screen like the one that you have in front of you now. These two boxes show you **when** you have to contact Busara. The box on the left shows the number of calls you will have to make on the EARLIER date, and the box on the right shows the number of calls you will have to make on the LATER date. All calls must be made between 6:00 PM and 10:00 PM on that date with at least ten minutes between each contact.

Kwa kila uamuzi utakaofanya, utaona screen kama iliyo mbele yako sasa. Sanduku hizi mbili zinakuonyesha ni **lini** unahitajika kuwasiliana na Busara. Sanduku iliyo upande wa kushoto inaonyesha ni mara ngapi unahitajika kupiga simu kwa tarehe ya MAPEMA, na sanduku iliyo upande wa kulia inaonyesha ni mara ngapi unahitajika kupiga simu kwa tarehe ya BAADA. Simu zote zinatajikana kupigwa kati ya 6PM na 10:00 siku hiyo na simu zipigwe baada ya kila dakika kumi.

Each decision will be different. You will decide if you want to make calls on the EARLIER date or the LATER date. There is no right or wrong answer - you just choose the number of calls and date that you prefer more. To choose the EARLIER date, touch the green "CHOOSE THE EARLIER DATE TO MAKE PHONE CALLS" button on the left side of the screen. To choose the LATER date, touch the yellow "CHOOSE THE LATER DATE TO MAKE PHONE CALLS" button on the right side of the screen. So, to make a decision, you touch the button, which is below the date that you prefer. When you touch the button, its color will turn red. To confirm your decision, you touch the "OK" button at the bottom of you screen. You can change your decision before you touch the "OK" button.

Let's look at the example. How many calls will you have to make if you choose the EARLIER date?

Kila uamuzi utakua tofauti. Utaamua kama ungependa kupiga simu tarehe ya MAPEMA au tarehe ya BAADAE. Hakuna jibu lilio sahihi na lisilo sahihi- utachagua tu ni mara ngapi utapiga simu na tarehe unayo pendelea zaidi. Ili kuchagua tarehe ya mapema chagua tarehe ya MAPEMA , guza button ya green "CHOOSE THE EARLIER DATE TO MAKE PHONE CALLS" iliyo upande wa kushoto wa screen. Kuchagua tarehe ya BAADAE, guza button ya yellow "CHOOSE THE LATER DATE TO MAKE PHONE CALLS" iliyo upande wa kulia wa screen .kwa hivyo ili kufanya maamuzi ,bonyeza button, itabadilisha rangi iwe nyekundu. Ili kukamiisha uamuzi wako ,bonyeza button ya OK hapo chini ya screen yako. Unaweza badilisha uamuzi wako kabla ya kubonyeza button ya OK.  
Tuangalie mfano. Utahitaji kupiga simu mara ngapi ukichagua tarehe ya MAPEMA?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Yes, 2 phone calls to Busara. When is the earlier date in this example?

Ndio, kupiga simu mara mbili kwa Busara. Tarehe ya mapema ni lini katika mfano huu?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Yes, today, (TODAY'S DATE). How many calls will you have to make if you choose the EARLIER date?

Ndio ,leo (TODAY'S DATE). Utapiga simu mara ngapi ikiwa utachagua tarehe ya MAPEMA?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

That's right, you will have to make 3 calls if you choose the later date in this example. And what is the later date?

Hiyo ni sahihi, utapiga simu mara 3 ikiwa utachagua tarehe ya baadae kulingana na mfano huu. Tarehe ya baadae ni lini?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Correct – the later date here is 2 weeks from today on (DATE 2 WEEKS FROM TODAY). Finally, If you want to choose the EARLIER date, you touch which button, green or yellow? Ndio- tarehe ya baadae hapa kwa mfano ni wili mbili kutoka leo.(DATE 2 WEEKS FROM TODAY). Mwishowe, ikiwa utataka kuchagua tarehe ya MAPEMA utaguza button ya green au yellow?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Yes, the green button on the left. And to choose the later payment you touch which button? Ndio, button ya green iliyo upande wa kushoto. Na je, kuchagua malipo ya baadaye ni button gani?

*{Pause to allow respondents to answer}*

**LEAD**

**[LEAD]:**

Yes, the yellow button on the right. Try to touch one of the buttons yourself. To confirm your decision, you touch the "OK" button at the bottom of your screen. The computer will then move to the next decision. Are there any questions? Ndio , button ya yellow ni sahihi. Jaribu kuguza button moja. Ili kumaliza uamuzi, guza button ya OK iliyo kwa screen. Computer itasonga kwa uamuzi inayofwata. Je kuna swali?

*{Pause to allow respondents to ask questions}*

**LEAD**

**[LEAD]:**

Now please click the “OK” button at the bottom of your screen to move on. Sasa tafadhali bonyeza button ya OK iliyo chini ya screen ili kuendelea mbele.

*{Read the following script also on the computer screen}*

We will now start the real task. You will make decisions from this game in 3 different rounds. Each round will have 18 decisions with a different number of times to call/contact Busara. The EARLIER and the LATER dates will also be different in each round. At the beginning of each round, the boxes on your screen will show you when the EARLIER and LATER dates for the calls will take place for all the decisions in that round, so please pay special attention.

Tutaanza sasa kazi ya ukweli. Utafanya maamuzi raundi 3 tofauti katika mchezo huu. Kila raundi utakua na maamuzi 18 na mara tofauti ya kupiga simu au kuwasiliana na Busara. Tarehe ya MAPEMA na ya BAADAYE itakua tofauti kwa kila raundi. Mwanzoni mwa kila

raundi, sanduki iliyo kwa screen itakuonyesha ni lini utapiga simu kwa tarehe ya MAPEMA na BAADAYE kwa maana kupiga simu itakua kwa kila uamuzi katika raundi hii,kwa hivyo ukue makini.

**If this task is chosen for payment**, the computer will randomly choose ONE of your choices to implement. You will have to make that number of phone calls on that date to receive your 500 KSH payment. If you do so, you will be paid by M-Pesa one month from today on **(DATE ONE MONTH FROM TODAY)**. All 18 decisions in this part of the study have the same chance of being chosen, so you should think carefully about each decision. Are there any questions?

Ikiwa kazi hi itachaguliwa kw malio, computer itachaguliwa jibu MOJA bila mpangilio ambayo itatekelezwa. Itakubidi upige simu hiyo siku mara kadhaa ile imeelezwa ili upokee malipo ya 500KSH. Ukifanya hivyo utalipwa kwa njia ya Mpesa mwezi mmoja baada ya leo (DATE ONE MONTH FROM TODAY) maaumzi yote 18 katika sehemu hii ina nafasi sawa ya ya kuchaguliwa ,kwa hivyo fikiria kwa makini kabala ya kufanya kila uamuzi. Je kuna swali?

OK. Please raise your hand if there is a question you do not understand or if you have a question while you complete the task, and we will assist you. Now, kindly press the Continue button to begin the task.

Tafadhali inua mkono wako kama kuna swali ambayo hauelewi au kama uko na swali ukishindwa kumailza kazi yako, tutakusaidia. Sasa tafadhali bonyeza button ya continue ili kuanzia kazi.

*{Respondents complete the telephone task}*

## **LEAD**

**[LEAD]:**

Thank you for completing the telephone task. Remember, if this task is randomly chosen for payment, you will have to contact Busara on a specific date. Please enter the phone number you will use to contact Busara in the box. We will verify your phone number once more at the end of the session.

Asante kwa kukamilisha shuguli ya simu. Kumbuka, ikiwa shuguli hii itachaguliwabila mpangilio wowote kwa malipo, utapaswa kuwasiliana na busara siku tarehe maalum. Tafadhali weka nambari yako ya simu utakayotumia kuwasiliana na busara kwa box. Tutahakikisha nambari yako ya simu mwisho wa utafiti.

## **C. TNC RISK TASK**

**Treatment ID: 93**

*{Open TNC\_risk\_loss\_highendowment.ztt}*

**LEAD**

**[LEAD]:**

This task is called the “Jars” task.

**Hii inaitwa kazi ya jar**

*{Read the following script also on the computer screen}*

In this task, you will make 27 decisions between two choices. If this task is chosen for payment, the computer will randomly choose one of your decisions, so you should choose as if each decision determined your payment.

**Kwa kazi hii, utafanya maamuzi 27 kati ya uchaguzi mbili. Ikiwa kazi hii itachaguliwa kwa malipo, computer itachagua uamuzi moja kati ya ulizofanya, kwa hivyo fanya uamuzi ni kama kila uamuzi unaweza kuchaguliwa kwa malipo.**

Imagine that somebody is going to pick a ball from one of two jars, Jar A or Jar B, without looking. Each jar has two balls. In Jar A, there is one blue ball and one red ball. If the blue ball is chosen, you will be paid 400 KSH, while if the red ball is chosen you will be paid 300 KSH. In Jar B, there is one green ball and one orange ball. If the orange ball is chosen, you will be paid 50 KSH. If the green ball is chosen you will be paid different amounts in each decision.

**Tafakari kua kuna mtu ambaye anaenda kuchua mpira mmoja katika mojawapo wa hizo jar mbili. Kila jar ina mpira mbili. Kwa jar A, kuna mpira mmoja wa blue na mmoja wa red. Ikiwa mpira wa blue utachaguliwa, utalipwa shilingi 400 KSH, na ikiwa mpira wa red utachaguliwa utalipwa 300 KSH. Katika Jar B kuna mpira mmoja wa green na mmoja wa orange. Ikiwa mpira wa orange utachaguliwa, utalipwa 50 KSH. Ikiwa mpira wa green utachaguliwa, utalipwa pesa idadi tofauti kwa kila uamuzi.**

The size of the balls or their placement in the jar does not matter. Each ball is equally likely to be picked by somebody who is not looking. You have 1000 KSH to start with in this task.

**Ukubwa wa mpira au mahali ilipowekwa kwa Jar haijalishi. Kila mpira ina uwezekano sawa wa kuchukuliwa na mtu ambaye haangalii. Una shilingi 1000 ya kuanza kwenye hii shughuli.**

The next decision is a PRACTICE round that is NOT PAID. Press the Continue button to begin the practice round.

**Uamuzi unaofwatia ni la ZOEZI la jaribio na haitalipwa. Bonyeza button ya continue ili kuanzia jaribio.**

*{Check to make sure respondents' screens display practice round}*

## **LEAD**

**[LEAD]:**

*{Read the following script also on the computer screen}*

In this practice round, you can choose between Jar A and Jar B. Jar A contains a blue ball which would pay you 400 KSH if picked and a red ball which would pay you 300 KSH. Jar B contains a green ball, which would pay you 540 KSH if picked and an orange ball, which would pay you 50 KSH if picked. Remember, only one ball is picked by somebody who is not looking.

Katika zoezi hili la jaribio ,unaweza kuchagua kati ya Jar A na Jar B . Jar A iko na mpira wa blue ambayo ikiwa itachaguliwa itakulipa 400KSH na mpira nyekundu ambayo ikiwa itachaguliwa itakulipa 300ksh. Jar B iko na mpira ya green ambayo inaweza kulipa 540ksh ikiwa itachaguliwa na mpira wa orange ambayo ikiwa itachaguliwa itakulipa shilingi 50 Ksh. kumbuka ,ni mpira mmoja tu ambayo itachaguliwa na mtu ambaye haoni.

Which jar would you prefer to pick a ball from? Please indicate your choice below by clicking on the “Jar A” button or the “Jar B” button, then click “OK” to confirm your choice.

Ungependelea kuchukua mpira kutoka kwa Jar ipi ? tafadhali chagua kwa ku bonyeza chini kwa button ya Jar A au button ya Jar B ,alafu bonyeza Ok ili kukamilisha chaguo lako.

*{Give participants a moment to make their choice and move on to the next screen}*

## **LEAD**

**[LEAD]:**

We will now begin the first part of the jars task. In this round, you will be making 10 decisions and each choice has an equal chance of being chosen as your payment decision. For each of the 10 decisions, you can choose between Jar A and B. Jar A contains a blue ball and a red ball. Jar B contains a green ball and an orange ball. Remember only one ball is picked by somebody who is not looking. These instructions will be at the top of the screen for each decision you make as a reminder. Please make your choices carefully. Are there any questions?

Sasa tutaanzia sehemu ya kwanza ya kazi ya Jar. Katika hii raundi utakua ukifanya maamuzi 10 katika kazi hili na kila moja ina nafasi sawa ya kuchaguliwa kama uamuzi wa malipo. Kwa kila moja ya maamuzi 10, unaweza chagua kati ya ‘jar’ A na ‘jar’ B. ‘jar’ A ina mpira mwekundu na mpira wa bluu. ‘jar’ B ina mpira wa ‘green’ na mpira wa ‘orange’. Kumbuka ni mpira mmoja tu utachaguliwa na mtu ambaye hangalii. Haya maelezo yatakuwa juu kwa skrini kwa kila uamuzi utakaofanya ili kukumbusha. Tafadhali fanya maamuzi yako kwa makini, je kuna maswali yoyote?

*{Pause to allow respondents to ask questions}*



When you are ready, press the continue button to begin the task.  
Ukiwa tayari bonyeza button ya continue ili kuanzia shughuli.

*{Respondents complete Round 1}*

**LEAD**

**[LEAD]:**

For the second part of this task, you still begin with 1000 KSH. However, the ball that is picked from the jar you choose will cause you to lose some of it.

Katika sehemu ya pili ya hili zoezi, utanza na 1000ksh. Hata hivyo, mpira utakochukuliwa kwa ile jar utachagua itakufanya upoteze kiasi fulani cha pesa.

As before, in Jar A there is a blue ball and a red ball. The blue ball will cause you to lose -400 KSH while the red ball will result in a -300 KSH loss from your initial 1000 KSH. In Jar B there is a green ball and an orange ball. The orange ball causes you to lose -50 KSH while the green ball will cause you to lose varying amounts.

Kama hapo mbeleni, kwa jar A kuna mpira wa blue na mpira wa red. Mpira wa blue itakufanya upoteze ksh 400 na mpira wa red utakufanya upoteze ksh 300 kutoka kwa pesa yako ksh 1000. Kwa jar B, kuna mpira wa green na mpira wa orange. Mpira wa orange utakufanya upoteze ksh 50 na mpira wa green utakufanya upoteze kiwango tofauti cha pesa.

The size of the balls or their placement in the jar does not matter. Each ball is equally likely to be picked by somebody who is not looking. You must make a decision, and it is not possible to avoid losing part of the 1000 KSH.

Size ya mipira au pale zimewekwa kwa jar, haijalishi. Kila mpira uko na nafasi sawa ya kuchaguliwa na mtu ambaye haangalii. Lazima ufanye maamuzi na hauwezi zuia kupoteza sehemu ya ksh 1000.

Press the continue button to begin the PRACTICE round, which will NOT be paid.

Gusa CONTINUE ndio uanze raundi ya mazoezi ambayo hautalipwa.

*{Lead reads instructions for practice round below which are also on computer screen}*

**LEAD**

**[LEAD]:**

In this practice round, you can choose between Jar A and Jar B. Jar A contains a blue ball

which would cost you -400 KSH if picked and a red ball, which would cost you -300 KSH. Jar B contains a green ball, which would cost you -540 KSH if picked and an orange ball, which would cost you -50 KSH if picked. Remember, only one ball is picked by somebody who is not looking.

Kwa raundi hii ya mazoezi, unawezachagua kat ya 'jar' A na 'jar' B. 'Jar' A ina mpira wa bluu ambao utakugharimu shilingi 400 ukichaguliwa na mpira mwekundu ambao utakugharimu shilingi 300. 'Jar' B ina mpira wa 'green' ambao utakugharimu shilingi 540 ukichaguliwa na mpira wa 'orange' ambao utakugharimu shilingi 50 ukichaguliwa. Kumbuka ni mpira mmoja tu utachaguliwa na kama hangalii.

Which jar would you prefer to pick a ball from?

Je ni 'jar' ipi ungependa kuchagua mpira ndani yake?

*{Respondents complete practice round}*

## **LEAD**

**[LEAD]:**

We will now begin the losses part of the jars task. Remember, each choice has an equal chance of being chosen as your payment decision. For each of the 10 decisions, you can choose between Jar A and Jar B. Jar A contains a blue ball and a red ball. Jar B contains a green ball and an orange ball. Remember, only one ball is picked by somebody who is not looking. You have 1000 KSH to start with. These instructions will be at the top of the screen for each decision you make as a reminder. Please make your choices carefully. Are there any questions?

Sasa tutaanza sehemu ya kupoteza ya shuguli ya jars. Kumbuka kila uamuzi uko na nafasi sawa ya kuchaguliwa kama maamuzi yako ya malipo. Kwa kila moja ya maamuzi 10, unaweza chagua kati ya 'jar' A na 'jar' B. 'jar' A ina mpira mwekundu na mpira wa bluu. 'jar' B ina mpira wa 'green' na mpira wa 'orange'. Kumbuka ni mpira mmoja tu utachaguliwa na mtu ambaye hangalii. Una shilingi 1000 ya kuanza. Haya maelezo yatakuwa juu kwa skrini kwa kila uamuzi utakaofanya ili kukumbusha Tafadhali fanya maamuzi yako kwa makini. Kuna maswali yoyote?

*{Pause to allow respondents to ask questions}*

When you are ready, press the continue button to begin the task.

Ukiwa tayari, gusa **CONTINUE** ndio uanze shuguli.

*{Respondents complete Round 2}*

## **LEAD**

**[LEAD]:**

For the last part of this task, the jars will contain BOTH one ball that pays you and one ball that costs you. You have 350 KSH to begin with. However, the ball that is picked from the jar you choose may cause you to lose some of it.

Kwa hii sehemu ya mwisho yah hii shuguli, jars zitakua na mipira yote, moja ya kukulipa na moja ya kupoteza. Uko na 350 ksh kuanzia. Hata hivyo, mipira unaochaguliwa kutoka kwa jar utakayochagua inaweza kufanya upoteze kiasi fulani cha pesa.

As before, Jar A contains a blue ball and a red ball, while in Jar B there is a green ball and an orange ball. In this case, however, all of the balls result in different amounts in different decisions.

Kama hapo mbeleni, jar A iko na mipira wa blue na mipira wa red. Pia jar B ikon a mipira wa green a mipira wa orange. Kwa hii sehemu, hata hivyo, mipira yote ikon a kiasi tofauti cha pesa kwa maamuzi tofauti utakayofanya.

The size of the balls or their placement in the jar does not matter. Each ball is equally likely to be picked by somebody who is not looking. You must make a decision to receive any payment. There will be 7 decisions.

Size ya mipira kwa jar, haijalishi. Kila mipira ikon a nafasi sawa ya kuchaguliwa na mtu asiyeangalia. Lazima ufanye maamuzi ndio upokee malipo yoyote. Kutakua na maamuzi 7.

Press the continue button to begin the last jars game. There will be NO PRACTICE for this portion of the task.

Gusa CONTINUE ndio uanze mchezo wa mwisho wa jars. Hakutakua na raundi ya mazoezi katika sehemu hii ya hii shuguli.

*{Lead reads instructions for round 3 below which are also on computer screen}*

## **LEAD**

**[LEAD]:**

For each of the following 7 decisions, you can choose between Jar A and Jar B. Jar A contains a blue ball and a red ball. Jar B contains a green ball and an orange ball. Remember, only one ball is picked by somebody who is not looking. You have 350 KSH to start with. These instructions will be at the top of the screen for each decision you make as a reminder.

Kwa kila moja ya maamuzi 7, unaweza chagua kati ya 'jar' A na 'jar' B. 'Jar' A ina mipira mwekundu na mipira wa bluu. 'jar' B ina mipira wa 'green' na mipira wa 'orange'. Kumbuka ni mipira mmoja tu utachaguliwa na mtu ambaye hangalii. Una shilingi 350 ya kuanza. Haya maelezo yatakuwa juu kwa skrini kwa kila uamuzi utafanya ili kukukumbusha.

## D. DISCOUNTING QUESTIONNAIRE

### Consideration of Future Consequences

Treatment ID: 94

*{Open "SOBC1B\_Discounting\_Questionnaire\_CFC.ztt"}*

*{Lead: When participants have answered a question, the BLUE "Continue" button will instead say "Thank You. Please Wait" and turn RED}*

### LEAD

[LEAD]:

Thank you for completing those games. Now, we will move on to a questionnaire.

*Asante kwa kukamilisha michezo hiyo. Sasa tutaanza maswali ya 'questionnaire'*

*{Read the following script which is also on the computer screen}*

I will read to you the instructions for this questionnaire. You may follow along on the screen in front of you. For each of the following statements, please think about whether or not the statement is characteristic of you. For example, if the statement is extremely uncharacteristic of you, you may choose "not at all like me." On the other hand, if the statement is extremely characteristic of you, you may choose "very much like me." Use the options in the middle if you fall somewhere in between. Press the "OK" button after you have made your choice.

*Nitakusomea maelezo ya hii 'questionnaire'. ,unaweza kufuatilia kwenye 'skrinini' iliyo mbele yako. Kwa kila kauli tafadhali tafakari kama inaelezea jinsi wewe ulivyo kitabia au la. Kwa mfano, ikiwa kauli haielezi jinsi ulivyo kitabia, unaweza chagua "sio kama mimi hata kidogo". Kwa upande mwingine ikiwa kauli inaeleza jinsi ulivyo kitabia, unawezachagua "kama mimi kabisa". Tumia 'options' iliyo katikati ikiwa uko hapo katikati. Bonyeza 'button' ya 'OK' ukimaliza kufanya uamuzi.*

Please raise your hand if you have any questions. Otherwise, press the Continue button now.

*Tafadhali inua mkono iwapo uko na swali lolote . Bonyeza 'button' ya 'Continue' sasa .*

Questions in order of how they will appear on the screen:

7-point scale:

- (1) Not at all like me / *Sio kama mimi hata kidogo*
- (2) Different from me / *Tofauti na mimi*
- (3) Somewhat different from me / *Kiasi fulani tofauti na mimi*
- (4) Somewhat like me / *Kiasi fulani kama mimi*
- (5) Like me / *Kama mimi*
- (6) Very much like me / *Sana kama mimi*
- (7) Neutral / *Katikati*

1. I think about how things would be in days to come, and try to influence those things in my daily behaviour.

*Mimi huingatia jinsi mambo inaweza kuwa katika siku zijazo, na kujaribu kushawishi mambo hayo kwa mienendo yangu ya kila siku.*

2. I often involve myself in a specific behaviour to achieve results that may not come until many years later.

*Mara nyingi hujihusisha mwenyewe katika tabia moja haswa ili kufikia matokeo ambayo inaweza kosa kuwa kwa miaka mingi.*

3. I only act to satisfy immediate needs, thinking the future will take care of itself.

*Mimi hutenda kuridhisha mahitaji ya sasa, nikifikiria maisha ya baadae itajishughulikia*

4. My behavior is influenced by the immediate (i.e. between a few days or weeks) outcomes of my actions.

*Mienendo yangu hushawishiwa na wakati uliopo ( k.v. , kati ya siku chache au wiki ) matokeo ya matendo yangu.*

5. When I take action or make decisions, I am more likely to choose an option that involves little trouble or effort.

*Ninapo chukua hatua au kufanya uamuzi, nina uwezekano wa kuchagua kile kinachohusisha shida kidogo au juhudi.*

6. I am ready to sacrifice my current happiness or wellbeing in order to achieve future results.

*Niko tayari kujitolea kwa furaha yangu ya sasa au ustawi ili kuafikia matokeo ya baadaye*

7. I think it's important to take warnings on bad outcomes as a very weighted issue even if the bad outcome may not happen until many years later.

*Nafikiria ni muhimu kuchukua onyo kuhusu matokeo mabaya kwa uzito mkuu hata kama matokeo hayo mabaya hayataokea kwa miaka mingi*

8. I think it is more important to work on something with important future consequences than on something with less important immediate consequences.

*Nafikiria ni muhimu zaidi kufuata mienendo yenye matokeo muhimu kwa mbali zaidi kuliko mienendo yenye matokeo yasiyo muhimu kwa haraka*

9. In general, I ignore warnings about problems that can possibly happen later because I think those problems will be solved before reaching a crisis level

*Kwa ujumla, mimi hupuuza onyo kuhusu matatizo yanayoweza kutokea baadaye kwa sababu nafikiria matatizo hayo yatatatuliwa kabla ya kufikia kiwango cha mgogoro.*

10. I think that sacrificing now is not a must because later outcomes can be dealt with at a later time.

*Nafikiria kujitolea kwa sasa sio kwa lazima kwa sababu matokeo ya baadaye yanaweza kushughulikiwa katika nyakati za usoni.*

11. I only act to satisfy immediate concerns, figuring that I will take care of the future problems that may occur at later date.

*Mimi hutenda jambo ili kuridhisha mahitaji ya haraka, nikiwazia kuwa nitashughulikia matatizo ya baadaye yanayoweza kutokea katika siku za usoni*

12. Since my everyday work has specific outcomes, it is more important to me than behavior that has distant outcomes.

*Kwa sababu kazi yangu ya kila siku ina matokeo maalum, ni muhimu zaidi kwangu kuliko mienendo iliyo na matokeo ya umbali.*

13. When I make a decision, I think about how it might affect me in the future.

*Wakati nafanya uamuzi, mimi hufukiria jinsi inaweza kuniathiri katika siku za usoni.*

14. My behavior is generally influenced by future consequences.

*Mienendo yangu kwa ujumla inashawishiwa na matokeo ya baadaye.*

## **E. SELF-EFFICACY TASK**

**Treatment ID: 95**

*{Open "Self-Efficacy\_Task\_videos\_full.ztt}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

This is called the slider matching task. In this task, you will use the touchscreen to move the slider to match the goal number given to you, which will be somewhere between 0 and 20. For example, if the goal is 16, you must move the slider on the gradient to match the number 16. In any given problem, you can move the slider as many times as you need to get it exactly on the goal before clicking OK to move to the next problem. You will have to match as many sliders as you can in 3 minutes. Press the OK button to move on to the next problem. Now we will watch a few short videos, which show you how to complete the task.

**Hii inaitwa shughuli ya ‘slider matching’. Kwa hii shughuli, utatumia ‘touchscreen’ kusongesha slider ifanane na nambari ya ‘goal’ ile umepewa ambayo itakua kati ya 0 hadi 20.**

Kwa mfano, ikiwa 'goal' ni 16, lazima usongeshe 'slider' ifanane na nambari 16. Kwa kila zoezi, unaweza kusongesha 'slider' mara nyingi unavyotaka ili kuifikisha kwenye 'goal' kabla ya kugusa 'OK' ili kuenda kwa zoezi inayofuata. itabidi ufananisha 'sliders' nyingi uwezavyo kwa dakika tatu. Gusa 'OK' ili uende kwa zoezi linalofuata. Sasa tutaangalia video kidogo fupifupi ambazo zitakuonyesha jinsi ya kukamilisha mazoezi haya.

### **LEAD**

[LEAD]:

Please watch the following video, which shows how to CORRECTLY match each slider with the goal number provided.

Tafadhali tazama video inayofuata, inayoonyesha mifano ya mtu aliweka sahihi 'slider' na 'goal' iliyoonyeshwa.

*{Respondents watch example video 1}*

### **LEAD**

[LEAD]:

Please watch the following video, which shows examples of someone INCORRECTLY matching the slider with the goal.

Tafadhali tazama video inayofuata, inayoonyesha mifano ya mtu aliweka visivyo sahihi 'slider' na 'goal'.

*{Respondents watch example video 2}*

### **LEAD**

[LEAD]:

The image below shows examples of correct matches and incorrect matches. Notice how a response is only considered correct if it exactly matches the goal number. In this example, the response on the right is incorrect since the goal is 16 but the respondent moved the slider to 15. Are there any questions?

Picha iliyo hapo chini, inaonyesha mifano ya majibu sahihi. Zingatia vile kila jibu itakua sahihi ikiwa inamatch na nambari ya 'goal'. Katika huu mfano, jibu lililo upande wa kulia si sahihi kwa sababu 'goal' ni 16 lakini mshiriki amesongesha 'slider' kwenye 15. Kuna maswali yoyote?

Please press continue now.

Tafadhali gusa 'CONTINUE' sasa.

### **LEAD**

**[LEAD]:**

The next round will be for practice and will not count towards your payment. Please press the CONTINUE button to begin your practice round. Remember you may only use the touchscreen for this task.

Raundi inayofuata itakua ya mazoezi na haitahesabika kwa malipo yako. Tafadhali bonyeza 'CONTINUE' ili uanze raundi ya mazoezi. Kumbuka, utatumia 'touchscreen' pekee kwa hii shughuli.

*{Respondents will have 60 seconds to practice matching sliders with the goal}*

**LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

Now you will have the chance to play for real money. Please match as many sliders as you can in 3 minutes. Remember you may only use the touchscreen to move the slider and you can move the slider as many times as you need to get it exactly on the goal before clicking OK to move to the next problem. If this task is selected for payment, you will be paid 10 KSH per correct match. Press the "OK" button to move on to the next problem. Please raise your hand now if you have any questions before you begin the task. Otherwise, press the Continue button to begin.

Sasa utakua na nafasi ya kucheza ili kupata pesa za ukweli. Tafadhali fananisha sliders nyingi iwezekanavyo kwa dakika 3. Ikiwa kazi hii itachaguliwa kwa malipo, utalipwa 10ksh kwa kila kazi uliyofanya visahihi. Bonyeza 'OK' ili kuenda kusuluhisha inayofuata. Tafadhali inua mkono wako ikiwa uko na swali kabla ya kuanza shughuli. Bonyeza button ya 'Continue' ili kuanza.

*{Respondents will have 3 minutes to match as many sliders as they can with the goal}*

**LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

Now please enter the total number of sliders you think you matched correctly using the number pad below. If you correctly guess the number of matches, you will receive an additional 50 KSH.

Sasa tafadhali andika unadhani ume fananisha 'sliders' ngapi visahihi, ukitumia nambari zilizo hapo chini. Ikiwa jibu lako litakua sahihi utapokea 50KSH juu yake.



*{Respondents use the number pad to enter the number they believe they got correct}*

**LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

How confident are you in your answer (to the previous question about number of correct matches)? Indicate your answer on a scale of 1 to 5 where 1 means “not at all confident” and 5 means “completely confident (100% sure).” Use the numbers in between if your answer falls somewhere in between.

Unajiamini kwa kiasi gani kwa jibu lako [kwa ile swali ya nambari za majibu sahihi]. Onyesha jibu lako kwa ‘scale’ ya 1-5 ambapo moja inamaanisha haujiamini kabisa na tano inamaanisha unajiamini kabisa [100%].tumia nambari zilizo katikati ikiwa jibu lako liko mahali hapo katikati.

*{Respondents indicate how confident they are in their guess of how many correct matches they made in Round 1}*

**LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

Now you will complete the same task for three minutes as before, but will be paid differently. You will choose a goal for the number of correct matches you will be able to complete within 3 minutes. If you meet your goal, you will be paid 20 KSH multiplied by the number of correct matches you set as your goal. If you do not meet the goal, you will receive nothing. For example, if you set your goal to 30 sliders and you match 30 sliders or more correctly, you will be paid 600 KSH. However if you match only 10 sliders correctly, you will be paid nothing. Before you set your goal, we will ask you a few questions to make sure you understand how you will be paid in Round 2. Please press Continue to proceed to those questions now.

Sasa utamaliza kazi hiyo kwa dakika tatu kama awali ,lakini italipwa vitofauti . utachagua ‘goal’ ya nambari ya kazi unaweza fananisha kwa dakika 2. Ikiwa utafikisha ‘goal’ yako, utalipwa 20KSH mara ya zile umefananisha visahihi. Ikiwa hautafikisha ‘goal’ hautapokea chochote. Kwa mfano ikiwa goal yako ni ‘slider’ 30 na ufananisha ‘slider’ 30 au zaidi visahihi, utalipwa angalau 600KSH . hata hivyo, ikiwa uta fananisha ‘sliders’ 10 pekee yake,hautalipwa chochote. Kabla ya kuweka ‘goal’ yako, tutakuuliza maswali chache kuhakikisha kuwa umeelewa vile utalipwa kwa raundi ya 2.Tafadhali bonyeza button ya Continue ili kuendelea kwa maswali.

## **LEAD**

**[LEAD]:**

*{Read each question as it appears on the screen; If respondent enters incorrect answer, their screen will say “Please wait for the lab to assist you” in which you must explain the question to them until they get the write answer}*

Question 1: In Round 2, you are paid 20 KSH for each correct match only if you meet your goal. Imagine that you set your goal in Round 2 to be 15 correct matches. However, you only make 8 correct matches in Round 2. How much will you be paid in Round 2? (Correct answer: 0 KSH)

Swali la kwanza: kwa raundi ya pili, utalipwa 20 khs kwa kila jibu sahihi utakalopata iwapo utafikia lengo lako. Fikiria kuwa, umeweka lengo lako kwa raundi ya pili kuwa majibu sahihi iwe 15. Hata hivyo, ukapata majibu sahihi 8 katika raundi ya pili. Utalipwa pesa ngapi kwa raundi ya pili? (correct answer:0Kshs)

Question 2: In Round 2, you are paid 20 KSH for each correct match only if you meet your goal. Imagine that you set your goal in Round 2 to be 15 correct matches. This time, you make 20 correct matches. How much will you be paid in Round 2? (Correct answer: 300 KSH)

Swali la pili: kwa raundi ya pili, utalipwa 20 khs kwa kila jibu sahihi utakalopata iwapo utafikia lengo lako. Fikiria kuwa, umeweka lengo lako kwa raundi ya pili majibu sahihi iwe 15. Kwa wakati huu, ukapata majibu sahihi 20. Utalipwa pesa ngapi kwa raundi ya pili? (correct answer:300 Kshs)

Question 3: In Round 2, you are paid 20 KSH for each correct match only if you meet your goal. Imagine that you set your goal in Round 2 to be 15 correct matches. This time, you make exactly 15 correct matches. How much will you be paid in Round 2? (Correct answer: 300 KSH)

Swali la tatu: kwa raundi ya pili, utalipwa 20 khs kwa kila jibu sahihi utakalopata iwapo utafikia lengo lako. Fikiria kuwa, umeweka lengo lako kwa raundi ya pili majibu sahihi iwe 15. Wakati huu, unapata majibu sahihi 15. Utalipwa pesa ngapi kwa raundi ya pili? (Correct answer: 300 KSH)

## **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

Now please set your goal. Remember, the goal you enter should be the total number of sliders you think you can complete correctly in 3 minutes.

Sasa, tafadhali weka ‘goal’ yako. Kumbuka, ile ‘goal’ umeweka inatakikana kuwa nambari ya sliders unayofikiri utaweza kukamilisha visahihi kwa dakika 3.

*{Respondents use the number pad to enter the goal for correct matches}*

**LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

How confident are you that you will meet or exceed the goal you set? Indicate your answer on a scale of 1 to 5 where 1 means “not at all confident” and 5 means “completely confident (100% sure).” Use the numbers in between if your answer falls somewhere in between.

Unajiamini kiasi gani kuwa utafikisha ama kuzidisha ;goal uliyoweka?Onyesha jibu lako kwa mizani ya moja hadi tano, ambapo moja inamaanisha ”hujiadini hata kidogo” na tano inaamaanisha “unajiamini kabisa”(asilimia mia moja hakika).Tumia nambari mahali katikati ikiwa jibu lako liko mahali katikati.

*{Respondents indicate how confident they are that they will meet or exceed the goal that they set for Round 2}*

**LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

Now round 2 will begin. Remember, you will only be paid 20 KSH for each correct match if you meet your goal. Otherwise, you will receive nothing. You have 3 minutes to make as many matches as possible. Remember you may only use the touchscreen to move the slider and you can move the slider as many times as you need to get it exactly on the goal before clicking OK to move to the next problem. Please raise your hand now if you have any questions before you begin the task. Otherwise, press the Continue button to begin.

Sasa raundi ya 2 inaanza. Kumbuka utalipwa 20Ksh pekee yake kwa kila ‘goal’ utakayofikisha au zaidi,kama si hivyo hautapokea chochote.Unazo dakika tatu kufananisha nyingi uwezavyo.Kumbuka unaweza kutumia tu “touchscreen” kusongesha slider na unaweza kusongesha ‘slider’ mara mingi unavyotaka kupata goal kabla kubonyeza OK kusonga kwa swali linalofuata. Tafadhali inua mkono sasa ikiwa uko na swali kabla ya kuanza shughuli . bonyeza button ya “Continue ili kuanza.

*{Respondents will have 3 minutes to match as many sliders as they can with the goal}*

**F. SELF-EFFICACY QUESTIONNAIRE**

**Pearlin Mastery Scale**

**Treatment ID: 96**

{Open "SOBC1B\_Self-Efficacy\_Questionnaire\_PMS.ztt"}

{**Lead:** When participants have answered a question, the BLUE "Continue" button will instead say "Thank You. Please Wait" and turn RED}

## **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions for this questionnaire. You may follow along on the screen in front of you. For the next set of statements, please think about whether you agree or disagree with the statement. For example, if the statement is extremely uncharacteristic of you, you may choose "Strongly Disagree." On the other hand, if the statement is extremely characteristic of you, you may choose "Strongly Agree." Use the options in the middle if you fall somewhere in between. Press the "OK" button after you have made your choice.

Nitakusomea maelezo katika questinnarie ifuatayo. Unaweza fuata kwa 'screen' iliyo mbele yako. Kwa kila kauli, tafadhali tafakari kama unakubaliana au kutokubaliana na hizi kauli . kwa mfano ikiwa hiyo kauli haielezi vile wewe uko kabisa ,unaweza chagua "sikubaliani kabisa " na ikiwa hiyo statement inaelezea vile wewe uko kabisa unaeza chagua "nakubaliana sana" chagua zile ziko hapo katikati ikiwa unahisi uko katikati. Bonyeza 'button' ya 'OK' ukimaliza kuchagua.

Please raise your hand if you have any questions. Otherwise, press the Continue button now.

Tafadhali inua mkono iwapo uko na swali lolote . Bonyeza 'button' ya 'Continue' sasa.

Questions in order of how they will appear on the screen:

7-point scale:

- (1) Strongly disagree / *Sikubaliani sana*
- (2) Disagree / *Sikubaliani*
- (3) Somewhat disagree / *Kiasi fulani sikubaliani*
- (4) Somewhat agree / *Kiasi fulani nakubaliana*
- (5) Agree / *Nakubaliana*
- (6) Strongly agree / *Nakubaliana sana*
- (7) Neither agree nor disagree / *Kati kati*

1. There's no way I can solve some of the problems I have.

*Hakuna njia ninayoweza kutatua baadhi ya matatizo niliyonayo.*

2. Sometimes I feel that I am being pushed here and there in life.

*Wakati mwingine nahisi kwamba nasukumwa hapa na pale maishani*

3. I have little control over things that happen to me.

*Nina udhibiti kidogo juu ya mambo yanayonifanyikia.*

4. I can do anything when I put my mind to it.

*Naweza fanya jambo lolote ninapoweka akili yangu kwa hilo jambo.*

5. Most of the time, I feel helpless when dealing with problems of life.

*Mara nyingi nahisi mnyonge ninaposhughulika na matatizo ya maisha*

6. What happens to me in the future mostly depends on me.

*Kinachofanyika kwangu kwa siku za baadaye sana sana inategemea mimi mwenyewe.*

7. There's little I can do to change most of the important things in my life.

*Nawezafanya kidogo, kubadilisha mengi ya mambo muhimu katika maisha yangu*

## **G. STROOP**

**Treatment ID: 97**

*{Open Stroop\_TaskOnly.ztt}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

Earlier, you practiced the arrows task. Now, you will have the chance to earn money if this task is chosen for payment.

*Awali, ulifanya mazoezi ya shughuli ya 'arrow'. Sasa, utakua na nafasi ya kupata pesa ikiwa kazi hii itachaguliwa kwa malipo.*

Again, you will see that some arrows will be blue and some will be red. When the arrow is red, touch the green rectangle on the same side as the arrow points to. However, when the arrow is blue, please touch the opposite side of the screen. For each arrow that you get right, you will earn 25 KSH. But answer as quickly as you can, because you will also lose 30 KSH for every 10 seconds that you spend playing the game. We will now ask you a few questions to make sure that you understand what you will have to do. If you see the message, "Please wait for the lab administrator to assist you", please raise your hand.

*Pia, utaona arrows zingine ni za blue zingine za red. Ikiwa arrow ni red, guza button ya 'green' ya 'rectangle' iliyo upande ule 'arrow' inaangalia. Hata hivyo, 'arrow' ikiwa bluu, tafadhali guza upande wa kinyume wa skrini. Kwa kila 'arrow' utafanya visahihi utapata 25KSH. lakini jibu kwa haraka uwezavyo kwa maana kila sekunde kumi unatumia kucheza mchezo, unapoteza 30KSH. sasa nitakuuliza maswali kadhaa kuhakikisha umeelewa vile utafanya. Ukiona ujumbe "please wait for the lab administrator to assist you" tafadhali inua*

mkono.

Questions in order of how they will appear on the screen:

1. How is your pay in the arrows task decided? **Malipo yako yata amuliwa aje katika hii kazi ya “Arrows”? Malipo yataamuliwa kulingana na vile umecheza)**  
**Malipo ya arrows inaamuliwa vipi?(ANSWER: Payment based on performance)**

(ANSWER: Payment based on performance)

2. What part of your performance determines your pay? (ANSWER: Both number of correct answers and speed)

**Ni sehemu gani ya kazi yako inayo amua malipo?(ANSWER: Maamuzi yatatokana na jibu sahihi na muendo /“speed”yako)**

3. If the arrow is red and points to the right, which green rectangle would you click? (ANSWER: the one on the right)

**”Arrow” ikiwa nyekundu/Red na inaangalia upande wa kulia/right,utabonyeza box gani ya green?(Upande wa kulia)**

4. If the arrow is blue and points to the right, which green rectangle would you click?  
(ANSWER: the one on the left)

**”Arrow” ikiwa blue na inaangalia upande wa kulia/right,utabonyeza box gani ya green?**

5. If the arrow is red and points to the left, which green rectangle would you click?  
(ANSWER: the one on the left)

**”Arrow” ikiwa nyekundu/red na inaangalia upande wa kushoto/left,utabonyeza box gani ya green?**

6. If the arrow is blue and points to the left, which green rectangle would you click?  
(ANSWER: the one on the right)

**”Arrow” ikiwa blue na inaangalia upande wa kushoto/left,utabonyeza box gani ya green? (ile ya kulia)**

*{If a participant receives a warning message and raises his or her hand, click on the rectangle in the bottom left corner of their screen to return to the previous screen and explain to them why the answer was incorrect}*

## **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

YOU ARE ABOUT TO BEGIN. Remember, when the arrow is red, touch the green rectangle on the same side as the arrow points to. However, when the arrow is blue, please touch the opposite side of the screen. For each arrow that you get right, you will earn 25 KSH. But answer as quickly as you can because you will also lose 30 KSH for every 10 seconds that you spend playing the game. Therefore, you should hold your hands on each side of the screen near

the green rectangles to allow yourself to make answers as fast as possible.

Raise your hand now if you have any questions. Otherwise, click the button to continue and begin the task.

**TUKO KARIBU KUANZA.**Kumbuka “arrow”ikiwa nyekundu/”Red”, gusa sanduku la “green”iliyo upande ule “arrow”inaangalia.”Arrow” ikiwa blue tafadhali guza upande wakinyume. Kwa kila ‘arrow’ ambayo utapata sahanihi utapokea shilingi 25. Lakini jibu haraka uwezavyo kwa sababu utapoteza shilingi 30 kwa kila sekunde 10 utatumia ukicheza mchezo. Kwa hivyo unafaa kuweka mikono yako kwa kila upande wa skrini karibu na ‘rectangle’ ya ‘green’ ili kuweza kufanya haraka iwezekanavyo.Inua mkono ukiwa na swali.Bonyeza “Continue” ili kuanza shughuli.

## H. EXECUTIVE CONTROL QUESTIONNAIRES

**Treatment ID: 98**

*{Open SOBC1B\_Executive Control\_Questionnaires\_FINAL.ztt}*

*{Lead: When participants have answered a question, the BLUE “Continue” button will instead say “Thank You. Please Wait” and turn RED}*

### LEAD

[LEAD]:

*{Read the following script which is also on the computer screen}*

I will read to you the instructions for this next questionnaire. You may follow along on the screen in front of you. For the next set of statements, please think about whether you have had a problem with any of these behaviors over the past month. For example, if the statement has never really been a problem over the past month, you may choose “Never a problem.” On the other hand, if the statement has always been a problem over the past month, you may choose “Always a problem.” Use the options in the middle if you fall somewhere in between. Press the “OK” button after you have made your choice.

Please raise your hand if you have any questions. Otherwise, press the Continue button now.

Nitakusomea maagizo kuhusu ‘questionnaire’ au swali zinazofuata.Pia unaweza jisomea kwa skrini yako.Kwa kauli zinazofuata,tafadhali fikiria iwapo ulikuwa na tatizo lolote na tabia zifuatazo kwa mwezi moja uliopita.Kwa mfano ikiwa kauli haijawahi kuwa tatizo katika kipindi cha mwezi mmoja uliyopita unaweza kuchagua “sio tatizo” Kwa upande mwingine kama kauli imekuwa ni tatizo mara kwa mara katika kipindi cha mwezi mmoja uliyopita,unaweza chagua “tatizo la kila mara”Kama jibu lako linaanguka kati kati ya hizo jibu mbili chagua jibu la kati kati.

Bonyeza “OK”ukishafanya maamuzi.

Tafadhali inua mkono ukiwa na swali lolote.\_Bonyeza “Continue”

Questions in order of how they will appear on the screen:

7-point scale:

- (1) Never a problem / *Haijawahi kua shida*
- (2) Rarely a problem (less than 10% of the time) / *Wakati mwingine shida ni nadra*
- (3) Occasionally a problem (about 30% of the time) / *Mara kwa mara ni shida*
- (4) Sometimes a problem (about 50% of the time) / *Wakati mwingine imekua shida*
- (5) Often a problem (about 70% of the time) / *Mara nyingi imekua shida*
- (6) Usually a problem (about 90% of the time) / *Kwa kawaida imekua shida*
- (7) Always a problem / *Ni shida kila wakati*

1. I do not have problems completing my work.

Mimi huwa sina shida kumaliza kazi yangu.

2. I make careless mistakes when completing work.

Nafanya makosa ya kiholela ninapokamilisha kazi.

3. I have trouble being attentive while working (such as household chores, reading or work)

Nina shida ya kuwa makini ninapofanya kazi (kama vile kazi za kinyumbani, kusoma au kazini)

4. I need to be reminded to start a task even when it's my own will.

Nahitaji kukumbushwa kuanza kazi hata kama ni kwa hiari yangu.

5. I get overwhelmed by large tasks.

Mimi huzidiwa na kazi kubwa.

6. I have trouble with jobs or tasks that have more than one step.

Nina shida na kazi au shughuli ambazo zina hatua zaidi ya moja.

7. I have trouble getting ready for the day.

Mimi huwa na shida kujitayarisha kwa siku.

8. When I have many important things to do, I have trouble deciding which activity to start first.

Mimi huwa na shida kupa shughuli kipau mbele.

9. I forget what i am doing in the middle of thing/activities.

Mimi husahau ninachofanya katikati ya jambo/shughuli.

10. I don't inspect my work for mistakes.



Mimi hua sikagui kazi yangu

11. I lay around in the house a lot.

Mimi hujilaza tu kwa nyumba sana.

12. I start work (such as cooking, projects) without the right tools.

Mimi huanza kazi (kama vile kupika, miradi) bila vifaa kamili.

13. I fail to judge how difficult or easy work will be.

Mimi hukosea kutathmini jinsi kazi itakuwa gumu au rahisi.

14. I have trouble starting anything on my own.

Mimi huwa na shida kuanza chochote pekee yangu.

15. I have trouble staying on the same topic when talking.

Mimi huwa na shida kukaa katika mada moja ninapoongea

16. I don't plan early for future activities.

Mimi huwa sipangi mapema kwa shughuli za baadaye.

17. I concentrate for a short time.

Mimi huwa makini kwa muda mfupi.

18. I have goals that are unachievable.

Mimi huwa na malengo yasiyotimizika.

19. I make mistakes carelessly.

Mimi hufanya makosa kiholela.

20. I have difficulty being excited about things.

Mimi huwa na ugumu wa kufurahia mambo/vitu.

21. I forget instructions easily.

Mimi husahau maelezo kwa urahisi.

22. I have good ideas but cannot put my ideas into action.

Mimi niko na mawazo mazuri lakini siwezi yaweka kwa matendo

23. I have trouble getting started on tasks.

Mimi huwa na shida katika kuanza shughuli.

24. I have trouble finishing tasks (such as chores, work).

Mimi huwa na shida kumaliza kazi (kama vile kazi za nyumbani, kazini).

25. I start things at the last minute (such as assignments, chores, tasks).

Mimi huanza vitu/mambo dakika ya mwisho (kama vile kazi uliyopewa, kazi za nyumbani, shughuli).

26. I have difficulty finishing a task on my own.

Mimi huwa na shida kumaliza shughuli peke yangu.

27. I have trouble remembering things, even for a few minutes (such as directions, phone numbers).

Mimi huwa na shida ya kukumbuka vitu/mambo, hata kwa dakika chache (kama vile maelekezo, nambari za simu).

28. I have trouble coming up with ideas for what to do with my free time.

Mimi huwa na shida kupata mawazo juu ya vitu vya kufanya wakati niko kwa muda wa mapumziko/bila jambo la kufanya.

29. I don't plan early for tasks.

Mimi huwa sipangi shughuli mapema.

30. I have problems organizing activities.

Mimi huwa na shida kupanga shughuli.

31. I have trouble doing more than one thing at a time.

Mimi huwa na shida ya kufanya jambo moja baada ya jingine.

32. I have trouble organizing work.

Mimi huwa na shida kupanga kazi.

33. I have problems completing my work.

Mimi huwa na shida kumaliza kazi yangu.

34. I do not make careless mistakes when completing work.

Kufanya makosa ya kiholela.

# Hydrocortisone Protocol - field sessions (Days 2 - 6)

## SESSION OVERVIEW

Estimated Start Time	Steps	Stopwatch Time - NA
	<b>1.</b> Welcome / Explain the task (general) <b>2.</b> Consent and Nurse's Checklist	
	<b>3.</b> <i>HR and BP (measure 1) by nurse and lead</i> <b>4.</b> Chronic Life Stressors Questionnaire on Tablet (Day 2 only) <b>5. Placebo / drug administration</b>	
	<b>6.</b> PANAS Questionnaire <b>7.</b> Guessing Module <b>8.</b> General Questionnaire <b>9.</b> <i>HR and BP (measure 2) by nurse and lead</i>	
	<b>10.</b> Debrief	

## Hydrocortisone (Field) Procedure and Script

Legend:

\*\*\*\*\* **LOCATION** \*\*\*\*\*

[User in brackets]

Scripted instructions are framed

*{Directions in braces and italics}*

 Record on Timesheet 

*{Timer: Verify that you have a pen/tablet, watch, and blank timesheet prior to start of session.  
Use the tab for Days 2-6 in the timesheet file.}*

**Timer:**  **Fill in** green boxes in **rows 1 through 4** with Session, Date, 24HR Start Time, Lab Lead (name), Timer (name), Nurse (name). 

\*\*\*\*\* **DESIGNATED LOCATION** \*\*\*\*\*

### **1. WELCOME**

*{Timer: 1. keeps track of overall time; 2. assists Lab Lead in answering participant questions [if any] or helping them with procedural actions [such as tablet issues, equipment issues, etc]; and  
3. maintains equipment*

***Note to Timer:** We will fill the timesheet out of order (not top to bottom). Please fill in the times based on the relevant TITLES. }*

### **LEAD**

**[LEAD]:**

Hello everyone! I see all participants are present, thank you all for showing up today to participate. You are about to continue in a study that investigates the effects of stress on the body. Please do not switch your place cards with another participant. If you do not have the original card you were given at arrival, please raise your hand. We will begin in just one minute.

Habari nyote! Naona washiriki wote wamefika, asanteni nyote kwa kuja kushiriki leo. Mtashiriki kwa utafiti ambao unachunguza matokeo kusumbuka kimawazo mwilini. Tafafhali

usibadilishe kadi uliopewa awali na mshiriki mwingine. Kama huna kadi ya awali ambayo uliopewa ulipofika tafadhali imua mkono. Tutaanza baada ya dakika moja.

**[LEAD]:**

Before we start I request five things.

First, please ensure that your phones are switched off COMPLETELY. You may not set them to silent or standby. We do this so that you can focus on the task without distraction.

Second, it important that you refrain from communicating with other participants. This also helps you to concentrate. If you talk to other people, we will have to send you home and you cannot get paid.

Third, please do not touch the tablets unless instructed to do so.

Fourth, if you are chewing gum, be so kind to take it out now.

Finally, please use the bathroom now, or you will have to wait until the session is over in about **1 hour**. It may, therefore, be a good idea to go now, even if it is not urgent.

Kabla tuanze, nauliza mambo matano.

Kwanza, tafadhali hakikisha kuwa simu zimezimwa kabisa. Tunafanya hivi ili uweze kumakinika na kazi bila vurugu yoyote.

Pili, ni muhimu usiongee na washiriki wengine. Hii pia inakusaidia kumakinika, kama utaongea na watu wengine tutakuuliza kuondoka bila malipo yoyote.

Tatu, usiguze kibao kama hatujakuuliza kufanya hivyo.

Nne, kama unatafuna ‘gum’ tafadhali itoe sasa.

Mwisho, tafadhali tumia bafu sasa, au sivyo utangoja hadi utafiti utakapoisha kwa muda wa saa moja.kwa hivyo ni vizuri uende sasa hata kama sio ya dharura.

*{Allow time to go to the bathroom and comply with above instructions}*

If you have any questions during the session, please raise your hand and one of the researchers will come and talk to you.

Kama utakuwa na masawali yoyote wakati wa utafiti tafadhali inua mkono mmoja wa watafiti atakuja kukuongelesha.

Are everyone’s phones off?

Simu ya kila mmoja imezimwa?

Please find the tablet with the number on your placecard, and sit down. Again, remember that you are not allowed to speak to each other from now on, and please wait to touch the tablets until we instruct you to do so.

Tafadhali tafuta kibao kilicho na nambari yako na ukae. Tena kumbuka kuwa hujaruhusiwa

kuongea na mtu mwingine kuanzia sasa kuendelea, na tafadhali usiguze kibao mpaka uelezwe kufanya hivyo.

---

### **TIMER**

**Timer:** 🕒 Record the **clock start time** when the session begins in **cell C8** 🕒

*{Timer: Verify that participants have not switched placecards}*

## **2. CONSENT AND NURSE'S CHECKLIST**

### **LEAD**

**[LEAD]:**

Please let our nurse know if you have suffered from an injury or infection in the past day. If you have any concerns about your eligibility to participate in the experiment, please ask us now.

Tafadhali acha nesi wetu ajue kama umewahi umia ama kupatwa na maumivu yoyote hapo awali. Kama una wasi wasi wowote kuhusu haki yako ya kushiriki kwenye utafiti tafadhali tuulize sasa.

*{Nurse: Use checklist to address any participant concerns about eligibility.}*

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### **TIMER**

**Timer:** 🕒 Record the **clock start time** when the nurse/lab lead begin consent in **cell C9**. 🕒

### **NURSE**

*{Verify that the subject ID labeled on the medicine cup/package matches the placecard of the participant}*

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## **3. HR, and BP\_1**

### **LEAD**



**[LEAD]:**



At this time, our nurse will measure your heart rate and blood pressure. Please remain seated and the nurse will attend to each of you individually.

*Kwa wakati huu muuguzi atapima heart rate na blood pressure yako. Tafadhali keti tu ulipo na muuguzi atakushughulikia kibinafsi.*

*{Nurse + FO: Record the HR and BP of using SurveyCTO on tablets. Please confirm that you fill in the seat number with the corresponding HR/BP for each participant. }*

### **TIMER**

**Timer:**  Fill in green box C10 **HR & BP-begin** when the nurse/lab lead begins taking HR and BP measurements. 

**Timer:**  Fill in green box C11 **HR & BP-end** when the nurse/lab lead completes taking HR and BP measurements. 

## **4. CHRONIC LIFE STRESSORS QUESTIONNAIRE ON TABLET (Day 2 Only)**

### **LEAD**

*{Lead: Note that if any participant does not want to answer a question, we can swipe in the tablet to skip the question. However, please monitor the room carefully to ensure that participants are not frequently skipping questions. }*

**[LEAD]:**

Please answer the following questions about yourself. Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers. If you have any questions or are uncomfortable answering a question, please raise your hand. Please press **OK** when you are ready to continue.

*Tafadhali jibu maswali yafuatayo kuhusu wewe mwenyewe. Tafadhali jaribu kuwa mwaminifu uwezavyo na jaribu mno jibu ya swali moja isiathiri jibu ya swali nyingine. Hakuna jibu sahihi ama lisilo sahihi.*

Overall in the last 12 months, how hard would you rate your life on a scale?

*Kwa ujumla katika miezi 12 iliyopita, ni ngumu vipi kurate maisha yako kwa skeli?*

- not at all hard

Sio ngumu ata kidogo

- a little hard

Ngumu Kidogo

- hard

Ngumu

- very hard

Ngumu sana

- incredibly hard

Ngumu zaidi

All things considered, how satisfied are you with your life as a whole these days?

Mambo yote yakizingatiwa, ni jinsi gani unaridhishwa na maisha yako kwa ujumla siku hizi?

- dissatisfied

Huridhiki

- a little dissatisfied

Huridhiki kidogo

- neutral

Katikati

- a little satisfied

Unaridhika kidogo

- satisfied

Unaridhika

*(For each of the following, the options are: Never, Almost never, Sometimes, Fairly often, Very often)*

Kwa kila moja ifuatayo, chaguo ni:ata kamwe, wakati mwingine,mara kwa mara,mara nyingi

- In the last month, how often have you been upset because of something that happened unexpectedly?

Kwa mwezi uliopita, ni mara ngapi umehisi kukasirika kwa sababu ya kitu kilichotendeka pasipo kutarajia?

- In the last month, how often have you felt that you were unable to control the important things in your life?

Kwa mwezi uliopita, ni mara ngapi umehisi umeshindwa kudhibiti vitu muhimu katika maisha yako?

- In the last month, how often have you felt nervous and stressed?

Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na uoga na msongo wa mawazo?

- In the last month, how often have you felt confident about your ability to handle your personal problems?

Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na ujasiri kuhusu uwezo wako wa kusuluhisha shida zako?

- In the last month, how often have you felt that things were going your way?

Kwa mwezi uliopita, ni mara ngapi umehisi kuwa mambo yanatendeka/yanakwenda jinsi utakavyo?



- In the last month, how often have you found that you could not cope with all the things that you had to do?  
*Kwa mwezi uliopita, ni mara ngapi umehisi kushindwa kukabiliana na vitu vyote ulivyopaswa kufanya?*
- In the last month, how often have you been able to control irritations in your life?  
*Kwa mwezi uliopita, ni mara ngapi umeweza kudhibiti mambo yanayokuudhi katika maisha yako?*
- In the last month, how often have you felt that you were on top of things?  
*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na uwezo wa kudhibiti?*
- In the last month, how often have you been angered because of things that were outside of your control?  
*Kwa mwezi uliopita, ni mara ngapi umekasirishwa na mambo yaliyokushinda kutatua?*
- In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?  
*Kwa mwezi uliopita, ni mara ngapi umehisi shida zinakua nyingi kadri ya uwezo wako?*

Life has its ups and downs. What events have happened to you in the past 12 months? (*For each the options are: Yes, No*)

*Maisha ina panda shuka zake. Ni jambo lipi limeweza kutendeka maishani mwako kwa miezi 12 iliyopita? (Kwa kila moja, utachagua ndio au la)*

- Death of a spouse  
*Kifo cha mke au mume*
- Divorce  
*Talaka*
- Marital separation  
*Kutengana kwa ndoa*
- Imprisonment  
*Kufungwa jela*
- Death of a close family member  
*Kifo cha mmoja wa familia yako*
- Personal injury or illness  
*Kuumia au kuugua*
- Marriage  
*Ndoa*
- Dismissal from work  
*Kufukuzwa kazini*
- Marital reconciliation  
*Kupatanishwa kwa ndoa*
- Retirement  
*Kustaafu*
- Change in the health of a family member  
*Kubadilika kiafya ya mmoja wa familia yenu*
- Pregnancy

- **Kuwa mjamzito**
- Sexual difficulties  
**Ugumu wa ngono**
- Gain of a new family member  
**Kuongezeka upya wa mmoja wa familia yenu**
- Business readjustment  
**Kurekebisha biashara**
- Change in financial state  
**Kubadilika kifedha**
- Death of a close friend  
**Kifo cha rafiki yako wa dhati**
- Change to a different line of work  
**Kubadilisha kazi**
- Change in the frequency of arguments  
**Kubadilika kwa uzoefu wa kujibizana**
- Major mortgage or loans, high rental costs  
**Mkopo maalum, bei ya juu ya kukodisha**
- Foreclose of mortgage or loan, or eviction  
**Kufungia mkopo au kufukuzwa**
- Change in responsibilities at work  
**Kubadilika kwa majukumu kazini**
- Child leaving home  
**Mtoto kuondoka nyumbani**
- Trouble with in-laws  
**Shida na wakwe**
- Outstanding personal achievement  
**Mafanikio bora ya kibinafsi**
- Spouse starts or stops works  
**Mpenziwe aanze au kuacha kufanya kazi**
- Beginning or end school  
**Kuanza au kuacha shule**
- Change in living conditions  
**Kubadilika kwa hali ya maisha**
- Revision of personal habits  
**Kukagua upya tabya zako**
- Trouble with your boss  
**Shida na mwajiri wako**
- Change in working hours or conditions  
**Kubadilika kwa masaa za kazi au hali**
- Change in residence  
**Kubadilisha makazi**
- Change in schools  
**Kubadilisha shule**
- Change in recreation  
**Kubadilisha burudani**

- Change in religious activities  
Kubadilisha shughuli za kidini
- Change in social activities  
Kubadilisha shughuli za kijamii
- Minor mortgage or loan  
Mkopo usio wa maana sana
- Change in sleeping habits  
Kubadilisha tabia za kulala
- Change in number of family reunions  
Kubadilisha muungano wa familia
- Change in eating habits  
Kubadilisha tabia za kula
- Vacation  
Likizo
- Major Holiday  
Sikukuu maalum
- Minor violation of law  
Ukiukaji kidogo wa sheria
- Death or kidnapping of a child  
Kifo au utekaji nyara wa mtoto
- Rape  
Ubakaji
- Physical or emotional violence  
Vurugu wa kimwili au kihisia
- Prolonged illness of any child younger than 18 years (*Clarify that this is any child IN the participants' household*)  
Kuugua kwa muda mrefu wa mtoto chini ya miaka 18 (Hakikisha kuwa huyu ni mtoto wa anayeshiriki)
- Prolonged illness of any adult 18 years and older (*Clarify that this is any child IN the participants' household*)  
Kuugua kwa muda mrefu kwa mtu mzima zaidi ya miaka 18 (Hakikisha kuwa huyu ni mtoto wa anayeshiriki)
- Prolonged job loss  
Kupoteza kazi kwa muda mrefu
- Loss of a job of any household member.  
Kupoteza kazi kwa mtu yeyote wa familia
- Loss of business or unexpected decrease in business income  
Kupoteza biashara au kupungua kwa mapato ya biashara kusikotarajiwa
- Loss of business of any household member  
Kupoteza biashara kwa mtu yeyote wa familia
- Fire  
Moto
- Theft  
Wizi
- Unexpected/unanticipated change in rent

Kubadilika kwa kodi ya nyumba kusikotarajiwa

- Any other major loss not mentioned  
Hasara kubwa ingine yoyote ambayo haijatajwa
- Major and/or chronic financial problems  
Shida za kifedha sugu au maalum
- Minor financial problems  
Shida ndogo za kifedha

Of the following event, can you tell us if you ever experienced them? If you have experienced multiple instances of the event, please report for the most recent event.

Katika matukio yafuatayo, tunaomba utuelezee kama umewahi kumbana na moja wapo. Kama umekumbana nazo kwa wingi, tueleze ile iliyofanyika hivi karibuni

- Have you ever experienced the death of a parent? (Yes, No)  
Umewahi poteza mzazi wako?(Ndio, La)
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
(Kama ndio) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, Zaidi ya miaka 15 iliyopita
- (If yes:) How did the death of your parent impact you? (*not at all distressing, slightly, neutral, moderately, extremely*)  
(Kama Ndio:) *Kifo cha mzazi wako kilikuathiri kivipi? ( Hakikukisikitisha kamwe, kidogo, kati kati, kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (*not at all, slightly, some, moderately, a great deal*)  
(Kama Ndio: ) *Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo? (Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a death of a close friend or an immediate family member, other than your parents?  
Umewahi mpoteza rafiki yako wa dhiti au mmoja wa familia yako kando na wazazi wako?
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita
- (If yes:) How did the death of a close friend or immediate family member other than your parents impact you? (*not at all distressing, slightly, neutral, moderately, extremely*)  
(Kama Ndio: ) *Kifo cha rafiki yako wa dhiti au mmoja wa familia yako kando na wazazi wako kilikuathiri kivipi? (Hakikukisikitisha kamwe, kidogo, katikati, kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (*not at all, slightly, some, moderately, a great deal*)  
(Kama Ndio: ) *Uliamini wengine kuwatolea siri kwa kiwango kipi wakati*

*huo?(Hakuna, kidogo, kiasi, sana)*

- Have you ever experienced a serious illness/accident?  
*Umewahi kuwa mgonjwa sana au kupata ajali?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the serious accident or illness impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*Uliathirika kiviipi na ugonjwa au ajali hiyo? ( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a serious illness/accident of a member of your close family?  
*Je, kuna mtu yeyote katika familia yako ambaye amewahi kuwa mgonjwa sana au kupata ajali?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the serious accident or illness of a member of your close family impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*Uliathirika kiviipi na ugonjwa au ajali hiyo ya mmoja wa familia yako? (Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a situation of physical or emotional violence?  
*Je, umewahi patwa na tukio la kuvurugika kimwili au kihisia?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the situation of physical or emotional violence impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*Uliathirika kiviipi na tukio hilo la kuathirika kimwili au kihisia?( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*

- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
(Kama Ndio: ) *Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a serious financial problems  
*Je, umewahi pitia shida kuu ya kifedha?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
(Kama Ndio: ) *Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the serious financial problems impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*Shida hiyo ya kifedha kilikuathiri kiviipi? ( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
(Kama Ndio:) *Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*

Please press true or false to the statements below that best fit your own beliefs.

Tafadhali bonyeza true or false kwa kauli zifuatazo kulingana na jinsi unavyoamini wewe mwenyewe.

- My life is determined by my own actions  
*Maisha yangu inaamuliwa na hatua zangu mwenyewe*
- I am usually able to protect my personal interests  
*Mimi huwa na uwezo wa kulinda maslahi yangu binafsi*
- I can pretty much determine what will happen in my life  
*Nina uwezo wa kuamua kile kitakachofanyika maishani mwangu*
- To a great extent, my life is controlled by accidental happenings  
*Kwa kiasi kikubwa, maisha yangu inadhibitiwa na tukio za ajali*
- Often there is no chance of protecting my personal interest from bad luck happening  
*Mara nyingi hakuna nafasi ya kutunza maslahi yangu kutoka kwa tukio za bahati mbaya*
- When I get what I want, it is usually because I am lucky  
*Nipatapo ninachotaka, huwa ni kwa sababu nina bahati*
- People like myself have very little chance of protecting our personal interests where they conflict with those of strong pressure groups  
*Watu kama mimi wana nafasi kidogo sana ya kulinda maslahi yetu yanapozozana na ya vikundi vyenye ushawishi mkubwa*
- My life is chiefly controlled by powerful others  
*Maisha yangu inadhibitiwa hasa na watu wengine wenye nguvu*

- I feel like what happens in my life is mostly determined by powerful people  
Nahisi kuwa kinachotendeka maishani mwangu mara mingi inaamuliwa na watu wenye nguvu

### **TIMER**

**Timer:** ⌚ Fill in green box C13 **Chronic Stress Survey (starts)** when *Chronic Stress Survey* started on tablets. ⌚

**Timer:** ⌚ Fill in green box C14 **Chronic Stress Survey (ends)** when *Chronic Stress Survey* ends on tablets. ⌚

## **5. PLACEBO / DRUG ADMINISTRATION**

### **LEAD**

**[LEAD]:**

Okay now it is time to explain how the capsules will be taken. Inside of the packet labeled with your ID is a capsule. This capsule contains either hydrocortisone or a placebo (sugar pill). It has been randomly decided whether you received hydrocortisone or placebo.

*Sawa, sasa ni wakatu wa kueleza vile tembe zitamezwa. Ndani ya pakiti iliyoandikwa nambari yako ya usajili, kuna tembe. Hii tembe inayo hydrocortisone ama tembe iliyo na sukari. Imeamuliwa bila mpangilio wowote kama utapokea hydrocortisone ama placebo.*

We would like to remind you that both hydrocortisone and the sugar pill are extremely safe, and experiencing any side effects is very unlikely. If you do experience any side effects they will likely be limited to mild headache, dizziness, a spinning sensation, nausea, stomach pain, or bloating. If at any time during the remainder of the study you experience sickness or discomfort, please inform our nurse who will be present throughout this study.

*Tungetaka kukumbusha ya kwamba hydrocortisone na tembe ya sukari ni salama zaidi, na kuhisi madhara yoyote ni kwa uwezekano mdogo. Ukihisi madhara yoyote inaweza kuwa, kuumwa na kichwa kiasi, kizunguzungu, kuhusu kizunguzungu kiasi, kichefuchefu, kuumwa na tumbo ama kuhisi hewa mingi kwa tumbo. Kama kwa wakati wowote kwa huu utafiti utahisi mgonjwa ama usumbufu, tafadhali eleza muuguzi wetu ambaye atakuwa kwa wakati wote wa huu utafiti.*

At this time, please take the capsule out of the packet labeled with your ID, stand up, and hold the capsule in your hand. (Pause to check that capsules are in hand). Now, swallow the capsule

with water.

*Kwa wakati huu,tafadhali chukua tembe kutoka kwa pakiti inayoandikwa nambari yako ya usajili, simama na ushike tembe kwa mkono wako.Sasa meza tembe na maji*

---

## **NURSE**

*{Nurse: Verify that each subject has swallowed the capsule and monitor the room for any adverse reactions}*

---

## **TIMER**

**Timer:** ⌚ Fill in green box C15 **All participants swallow capsule** when participants **swallow the capsule.** ⌚

## **6. PANAS/VAS\_1**

### **LEAD**

**[LEAD]:**

We will now repeat the same questionnaire that you completed yesterday, asking you about your current emotional state. For each of the following statements, please think about the degree to which you currently feel the emotion, where 1 means “not at all” and 5 means “very much”. Please indicate the degree to which you feel this emotion right now. Use the options in the middle if you fall somewhere in between.

*Kwa sasa tutarudia tena orodha ya maswali ya uchunguzi uliokamilisha jana,tukiulizia kuhusu hali yako ya kihisia ya sasa.Kwa kila moja ya semi zifuatazo,tafadhali fikiria ni kwa kiwango kipi unahisi hizo hisia,ambapo 1 inamaanisha “hapana kabisa” na 5 “kabisa zaidi”.Tafadhali onyesha ni kwa kiwango kipi unavyohisi hizo hisia kwa wakati huu.Tumia chaguzi za kati kama jibu lako ni katikati.*

*{Lead: Start PANAS on SurveyCTO. Walk around to confirm that PANAS has loaded on every participant’s screen and then instruct participants to begin.}*

## **Questions**



1. In the present moment, I feel interested.  
Sasa hivi nahisi kuwa na hamu ya kufanya jambo.
2. In the present moment, I feel distressed  
Sasa hivi nahisi kusunoneka.
3. In the present moment, I feel excited.  
Sasa hivi nahisi nimechangamka.
4. In the present moment, I feel upset.  
Sasa hivi nahisi kuudhika.
5. In the present moment, I feel strong.  
Sasa hivi nahisi mwenye nguvu.
6. In the present moment, I feel guilty.  
Sasa hivi nahisi mwenye hatia.
7. In the present moment, I feel hostile.  
Sasa hivi nahisi kuonyesha uhasama.
8. In the present moment, I feel proud.  
Sasa hivi nahisi majivuno.
9. In the present moment, I feel irritable.  
Sasa hivi nahisi kukerwa.
10. In the present moment, I feel alert.  
Sasa hivi nahisi uko chonjo.
11. In the present moment, I feel ashamed.  
Sasa hivi nahisi mwenye aibu.
12. In the present moment, I feel inspired.  
Sasa hivi nahisi kupa motisha.
13. In the present moment, I feel nervous.  
Sasa hivi nahisi kuwa na uoga.
14. In the present moment, I feel determined.  
Sasa hivi nahisi mwenye bidii.
15. In the present moment, I feel attentive.  
Sasa hivi nahisi kuwa makini.
16. In the present moment, I feel jittery.  
Sasa hivi nahisi siwezi kutulia
17. In the present moment, I feel active.  
Sasa hivi nahisi mchangamfu.
18. In the present moment, I feel afraid.  
Sasa hivi nahisi kuogopa.
19. In the present moment, I feel stressed.  
Sasa hivi nahisi kusumbuka kimawazo.
20. In the present moment, I feel anxious.

Sasa hivi nahisi kuwa na wasiwasi.

21. In the present moment, I feel aggressive.

Sasa hivi nahisi uchokozi.

22. In the present moment, I feel agitated.

Sasa hivi nahisi kukasirishwa.

23. In the present moment, I feel dizzy.

Sasa hivi nahisi kizunguzungu.

24. In the present moment, I feel a fast slow, pounding, or irregular heartbeat or pulse.

Sasa hivi nahisi roho yangu inagonga haraka, inapiga kwa nguvu ama inapiga bila mpangilio.

25. In the present moment, I feel a shortness of breath.

Sasa hivi nahisi kupungukiwa na hewa.

26. In the present moment, I feel that I have trouble thinking.

Sasa hivi nahisi ninashida ya kufikiria.

27. In the present moment, I have a headache.

Sasa hivi naumwa na kichwa.

28. In the present moment, I feel my mood is changing.

Sasa hivi nahisi 'mood' yangu inabadilika.

---

### **TIMER**

**Timer:** ⌚ Fill in green box C16 **PANAS-start** when *PANAS* started on tablets. ⌚

**Timer:** ⌚ Fill in green box C17 **PANAS-end** when *PANAS* ends on tablets. ⌚

---

## **7. GUESSING MODULE**

*{Lead: Start GuessingModule on tablets. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

### **LEAD**

**[LEAD]:**

#### **Introduction**

We are interested in knowing which pill you think that you received today. Approximately half of you received a hydrocortisone pill, and approximately half of you received a placebo pill.

Tungependa kujua ni tembe ipi unadhani ulipewa leo. Takriban nusu yenu walipewa tembe ya hydrocortisone, na takriban nusu wengine wakapewa tembe ya placebo.

On the next screen we will ask you to guess which pill you got today — if you are correct you will get 100 KSH once data collection is completed, if you are wrong, you will get nothing. It is therefore in your best interests to be honest about which pill you got.

Katika skrini inayofuatia, tutakuuliza unadhani ni tembe ipi ulipokea leo – ukipata jibu sahihi, utapokea shilingi mia moja tutakapomalizia kukusanya data. Ukinoa, hautapata chochote. Kwa hivyo itakuwa bora zaidi kwako ikiwa utapeana jibu ya kweli kuhusu tembe uliyopokea.

We will be asking you a similar question every day for the next seven days, and you will be paid out your guess from **one** of the seven days. The computer will decide which day's guess will be paid out.

Tutakua tunakuuliza swali kama hili kila siku kwa siku saba zifuatazo na siku ya saba utalipwa kulingana na jibu ya siku moja kati ya majibu uliyodhania kwa siku saba zilizopita. Kompyuta itaamua ni jibu ya siku gani utalipwa nayo.

### Guess/Investment

Which pill do you think that you received today?

Unadhani ulipewa tembe gani leo?

O Placebo

O Hydrocortisone

### Confidence

{Note that participants are going to see different screen based on which pill they indicated - difference indicated in **bold**.}

How confident are you that you received the **pill you indicated** today? Please select a number between 1 - 5 to indicate how confident you are that you received **the pill you indicated** today. 1 indicates that you are not at all confident, 5 indicates that you are completely confident.

Unajiamini kwa kiasi gani kuwa ulipokea tembe uliyoashiria leo? Tafadhali bonyeza kwenye laini kuonyesha jinsi unavyojiamini ya kuwa ulipokea tembe uliyoashiria leo.

Scale: “Not at all confident” to “Very confident”

Scale: “Kutojiamini hata kidogo ” hadi “ kujiamini kabisa“

### Symptoms

{Note that participants are going to see different screen based on which pill they indicated - difference indicated in **bold**.}

We are now going to ask you some questions about why you think that you received **the pill that you guessed** today.

Tutakuuliza maswali kadhaa kuhusu ni kwanini unadhani ulipokea **tembe uliyoashiria**.

Indicate the extent to which your belief that you received the **pill that you guessed** pill today

is based on the following factors where 1- Not at all and 5 - Very much so:

Onyesha ni kwa kiwango gani unanamini ulipokea tembe uliyoashiria leo kulingana na vigezo vifuatazo: ambapo 1-sio ivo ata kidogo na 5-kama hivo sana

- My choice is based on the taste of the pill.

Chaguo langu ni kulingana na ladha ya tembe.

- My choice is based on the look of the pill.

Chaguo langu ni kulingana na sura ya tembe.

- My choice is based on physiological reactions I experienced after taking the pill (such as changes in heart rate or breathing, headache, dizziness stomach problems, sweating, etc.)

Chaguo langu ni kulingana na athari za kisaikolojia nilizokumbana nazo (kama vile kubadilika kwa mpigo wa moyo au kupumua, kuumwa na kichwa, kizunguzungu, matatizo ya tumbo, kutokwa na jasho, na kadhalika).

- My choice is based on psychological reactions I experienced after taking the pill (such as feeling uneasy, jittery, irritable, nervous or anxious).



Chaguo langu ni kulingana na athari za kisaikolojia nilizokumbana nazo baada ya kumeza tembe (Kama vile kuhisi kutotulia, kukerwa, kuwa na wasiwasi au hofu).



- I think that more people received the **pill that you guessed** than the **other** pill. Nafikiri kuwa watu waliopokea tembe niliyoashiria ni wengi kuliko waliopokea tembe hiyo nyingine.

- I picked at random.

Nilichukua bila mpangilio wowote.

## **TIMER**

**Timer:**  Fill in green box C18 **Guessing module - start** when *GuessingModule* started on tablet. 

**Timer:**  Fill in green box C19 **Guessing module - end** when *GuessingModule* ends on tablet. 

## **8. GENERAL QUESTIONNAIRE\_SHORT**

*{Lead: Start General Questionnaire Short zTree treatment. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

**[LEAD]:**

You will now be asked a series of simple questions. We will go through these together.

Utaulizwa mzururu wa maswali rahisi. Tutazipitia pamoja.

1. Did you smoke today?

Umevuta sigara leo?

2. Did you drink alcohol, tea, or coffee today?

Umekunywa pombe, chai au kahawa leo?

3. At what time did you wake up today? (4:00 4:30.... 10:30)

Leo umeamka saa ngapi?



4. Did you eat or drink (anything besides water) in the 2 hours before you arrived today?  
(yes = 1, no = 2)


Je umekula au kunywa (kitu kingine isipokuwa maji) saa mbili kabla kufika hapa?

5. Did you perform intense exercise (for example: cycling, weightlifting, or engaging in sexual activity) in the 2 hours before you arrived today?

Je, ulifanya zoezi ngumu (kwa mfano: kuendesha baiskeli, kunyanyua uzani au ngono) saa mbili kabla kufika hapa?

### **TIMER**

**Timer:**  Fill in green box C20 **General Questionnaire - start** when *GeneralQuestionnaire* started. 

**Timer:**  Fill in green box C21 **General Questionnaire - end** when *GeneralQuestionnaire* ends. 

### **9. HR, BP\_2**

#### **LEAD**

**[LEAD]:**

Now that everybody has taken a capsule, we will take one more measurement of your heart rate and blood pressure.

*Sasa vile nyote mmemeza tembe,tutachukua kipimo moja ya heart rate(mpigo wa moyo) na blood pressure.Tafadhali baki umeketi kwa sababu atashughulukiwa kila mmoja kibinafsi.*

*{Nurse and FO: Record the HR and BP of each subject using SurveyCTO on tablet. Please confirm that you fill in the seat number with the corresponding HR/BP for each participant. }*

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## **TIMER**

**Timer:** ⌚ Fill in green box C22 **HR & BP-measure 2 (begins)** when the nurse/lab lead begins taking HR and BP measurements. ⌚

**Timer:** ⌚ Fill in green box C23 **HR & BP-measure 2 (Ends)** when the nurse/lab lead completes taking HR and BP measurements. ⌚

## **10. DEBRIEF**

### **[LEAD]:**

Thank you for your participation in the study. Our study today was interested in the effects of stress on the body. Remember, that you were given either hydrocortisone or a placebo sugar pill today, so although it is rare, it is possible that you may feel some of the following side effects: headache, dizziness, spinning sensation, nausea, stomach pain, or bloating. We are very sorry if you are experiencing any of these feelings, but please note that any side effects should wear off in a few hours. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed so that the nurse may attend to you.

Asante kwa kushiriki kwa utafiti. Utafiti wetu leo ulikuwa ni kutambua matokeo(madhara) ya stress kwa mwili. Kumbuka, ulipewa aidha hydrocortisone au tembe ya sukari inaitwa placebo, kwa hivyo, ingawa sio rahisi, kuna uwezekano kuwa utapata madhara yafuatayo: kuumwa na kichwa, kizunguzungu, kuhisika kichwa inazunguka, kuchafuka roho, maumivu ya tumbo au kufura. Samahani kama utahisi mojawapo ya hizi hisia, lakini tafadhali kumbuka haya madhara yanafaa kuisha baada ya masaa machache. Sasa, kama uko na maswali yoyote au maoni kuhusu utafiti ambao umefanyika leo, nijulishe, asa kama unajihisi mgonjwa ndiposa mhudumu aweze kukushughulikia

If you experience any reactions after you leave here today, please go to a hospital or medical provider immediately and bring with you the written documentation that you have participated in a study, so that the medical provider may find out which capsule you were given and in what dosage. Please refer to the consent form you were given at the beginning of the study for additional information.

Kama utaskia adhari yoyote baada ya kuondoka, tafadhali enda kwa hospitali ama pata matibabu kwa haraka halafu uende na document ambayo imeandikwa ya kwamba ulishiriki kwa utafiti, ndio mwenye kukupea matibabu ajue ulipata tembe gani na ni kiwango gani.

Tafadhali rejea consent form uliyo pewa hapo mwanzo wa utafiti kwa ujumbe zaidi.

We thank you very much for having participated today! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

Tunakushukuru sana kwa kushiriki leo, na tunatumai utakuja tena tukikualika wakati mwingine. Kumbuka majibu uliyopatiana ni ya siri na hakuna atakaye julishwa nje ya timu ya utafiti kwa form za kila mmoja

You will get paid KSH 350 for your participation today. This money will be transferred to the phone number you gave us when you registered by MPesa this afternoon.

Finally, remember that this study lasts for a total of 7 days, requiring you to come back tomorrow to participate in the remaining sessions. Kindly arrive to **[place and address]** at **[time]** tomorrow. **[If day 6:** Note that this location is different than the session today.] The session will last about **[1¼ hour (day 2-6) / 3.5 hours (day 7 only)]**. Remember that you will be paid **[250 (day 2-6) / 650 (day 7 only)]** shillings for your participation, plus 50 shillings bonus if you arrive on time to **[place]**. If you attend all 7 days of the study, you will receive an additional 500 shilling bonus. Please remember not to drink alcohol, drink coffee, or smoke at all during the 7-day study period, especially before the session. Also, you should not eat, drink liquids other than water, or engage in strenuous physical activity, including sexual activity, during the last 2 hours before the session tomorrow. If you have any questions about this, please ask before you leave today.

Utalipwa shilingi 350 kwa kushiriki leo. Pesa hii itatumwa kwa nambari ya simu ambayo umetupa na imejiandikisha na MPesa mchana wa leo. Mwisho, kumbuka ya kwamba utafiti huu utaendelea kwa siku saba, na utahitajika kurudi kesho kushiriki kwa utafiti uliobakia. Tafadhali fika (**mahali na anwani**) na (**saa**) kesho. **[Ikiwa ni siku ya 6** kumbuka ya kwamba mahali hapa ni tofauti na penye tumekuwa na utafiti leo] Utafiti utadumu kwa [Masaa 1 ¼ siku ya 2-6/ masaa 3.5 (Siku ya 7 pekee) Kumbuka ya kwamba utalipwa (Shilingi 350, siku ya 2-6 / shilingi 650 siku ya 7 pekee) kwa kushiriki, pamoja na shilingi 50 kwa kufika mapema. Ukihudhuria siku zote saba za utafiti, uapokea shilingi 500 kwa kuongezea. Tafadhali kumbuka kutokunywa pombe, kahawa au kuvuta sigara kwa siku saba zote za utafiti sana sana kabla ya utafiti. Pia hufai kula kunywa kitu chochote labda maji, au kushiriki kwa mazoezi magumu, ikiwa na kushiriki ngono masaa mawili kabla ya utafiti wa siku ifuatayo. Kama unamaswali yoyote kuhusu hii, tafadhali uliza kabla ya kuondoka leo.

The session has finished. Please pack up your things now and wait while we process your

payments. Please hand me your place card on the way out. Thank you very much!

Utafiti umekwisha. Tafadhali chukua vitu zako na ungojee tukitengeneza malipo. Tafadhali nipe place card ukiondoka nje. Asante sana!

**Timer:** 🕒 Fill in green box C24 **Debrief-start** when the debrief begins. 🕒

**Timer:** 🕒 **Record the clock end time** when the session ends in cells C25 and B4. 🕒

*{**Timer:** Verify that all boxes corresponding to grey rows in the timesheet are completely filled in and check for accuracy. Please list any errors, inconsistencies, etc. in the Notes box.}*

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# TSST

## Protocol - Lab

### (Days 1 & 7)

# CONTROL CONDITION

## SESSION OVERVIEW

Estimated Start Time	Steps	Stopwatch Time
0 min.	0. Participant Identification 1. Welcome 2. Consent / Pregnancy Screening	
10 min.	3. Begin HR measurements 4. Introduction to Computer Interface 5. PANAS_1 (ztree) 6. Salivette 1: white (baseline) 7. STRESS_VAS_1 (ztree) 8. Instructions for Time Discounting and Stroop (ztree)	Start: 0 min, End: 1 min
45 min.	9. <b>TSST STARTS</b> a. ~2 min instructions b. 5 minute preparation c. Speech task on SurveyCTO (2 min per person) d. Questions task on Survey CTO e. Mental Arithmetic task (2 min per person)	Start: 0 min, End: 5 min Start: 0 min, End: 10 min Start: 0 min, End: ~20 min Start: 0 min, End: 10 min
	10. Salivette 2: Orange 11. <a href="#">STRESS_VAS_2 on zTree</a> 12. <a href="#">TASK Series 1 – refer to Measures Protocol</a> 13. Salivette 3: Blue 14. <a href="#">STRESS_VAS_3 on zTree</a> 15. <a href="#">TASK Series 2 – refer to Measures Protocol</a> 16. Salivette 4: Green 17. <a href="#">STRESS_VAS_4 on zTree</a> 18. <a href="#">TASK Series 3 – refer to Measures Protocol</a> 19. Salivette 5: Yellow 20. <a href="#">STRESS_VAS_5 on zTree</a> 21. <a href="#">TASK Series 4 – refer to Measures Protocol</a> 22. Salivette 6: Red 23. <a href="#">STRESS_VAS_6 on zTree</a> 24. <a href="#">TASK Series 5 – refer to Measures Protocol</a>	<b>Approx. 25 min.</b>  <b>Approx. 50 min.</b>  <b>Approx. 75 min.</b>  <b>Approx. 100 min.</b>  <b>Approx. 125 min.</b>

	<b>25.</b> Salivette 7: Black - endline <b>26.</b> <a href="#">STRESS_VAS_7 on zTree</a> 27. General Questionnaire (ztree) 28. Guessing Module (ztree) 29. Final Payment Screen (ztree)	<b>Approx. 150 min.</b>
	<b>30. TSST Mental Arithmetic Task: round 2</b>	<b>Start: 0 min, End: 20 min</b>
	31. End HR measurements 32. Debrief	

### **TSST Procedure and Script**

Legend:

\*\*\*\*\* **LOCATION** \*\*\*\*\*


[User in brackets]

Scripted instructions are framed

*{Directions in braces and italics}*

 Record on Timesheet 

***{Timer:}** Verify that you have a pen, clock, countdown timer, and blank timesheet prior to start of session}*

**Timer:**  Fill in green boxes in **rows 1 through 4** with Session, Date, 24HR Start Time, Lab Lead (name), Timer (name), Evaluators 1 and 2 (names).

\*\*\*\*\* **WAITING ROOM** \*\*\*\*\*

## **0. PARTICIPANT IDENTIFICATION**

### **1. WELCOME**

***{Timer:}** 1. keeps track of overall time using pen and paper; 2. assists Lab Lead in answering participant questions [if any] or helping them with procedural actions [such as tablet issues, equipment issues, etc]; and 3. maintains equipment}*

### **LEAD**

**[LEAD]:**

Hello everyone! A warm welcome to the Busara Center for Behavioral Economics. I see all participants are present, thank you for your willingness to participate. Please do not switch your place cards with another participant. If you do not have the original card you were given at arrival, please raise your hand. We will begin in just one minute.

*Habari nyote! Unakaribishwa sana Busara. Naona washiriki wote wako hapa. Asante kwa kukubali kushiriki. Tafadhali usibadilishe kadi uliopewa awali. Kama huna kadi uliopewa kwa mlango, tafadhali nyosha mkono wako.*

**[LEAD]:**

Before we start I request three things.

*Kabla tuanze, ningependa kukuliza mambo matatu*

First, please ensure that your phones are switched off COMPLETELY. You may not set them to silent or standby. We do this so that you can focus on the task without distraction.

*Kwanza, tafadhali hakikisha simu yako imezimwa KABISA. Usiweke 'silent' ama 'standby'. Tunafanya hivi ili uweze kuzingatia kazi bila usumbufu wowote.*

Second, it is important that you refrain from communicating with other participants. This also helps you to concentrate. If you talk to other people, we will have to send you home and you cannot get paid.

*Pili, ni muhimu ujizuie kuzungumza na washiriki wengine, hii pia inakusaidia kuwa makini. Ukiongea na wengine, itabidi tukurudishe nyumbani na hutalipwa.*

Finally, if you are chewing gum, be so kind to take it out now.

*Mwisho, kama unatafuna (bugia) 'gum', tafadhali itoe sasa.*

*{Allow time for participants to comply with above instructions}*

If you have any questions during the session, please raise your hand and one of the researchers will come and talk to you.

*Ukiwa na swali lolote kwa muda wa utafiti, tafadhali inua mkono wako na mmoja wa wasimamizi atakuja kukuongelea.*

---

**TIMER**

**Timer:**  Fill in the green box **C10 Welcome** when session welcome begins 

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**2. CONSENT / PREGNANCY SCREENING (Day 1 only)**

## **LEAD or TIMER**

*{Lead or Timer: hand out consent forms [women also receive Pregnancy Screening]}*

***{IMPORTANT: This person CANNOT be the Evaluators}***

**[LEAD or TIMER]:**

I will now read to you the Declaration of Consent Form in from of you. If there is something you do not understand or you have any questions after I read the script to you, I can answer them for you.

*Sasa nitawasomea fomu ya “declaration of Consent” mbele yenu. I kiwa kuna kitu huelewi ama una maswali yoyote baada ya kuwasomea “script”, nitaaweza kujibu.*

*{Lead: Participants should have signed consent forms}*

**[LEAD or TIMER]:**

Now, I will continue reading the second form for women only. It is important that you consider each question carefully and answer as honestly as possible so that we can ensure your safety. Remember, your responses are kept in confidence and respect the privacy of all fellow participants by keeping your eyes on your own paper.

*Sasa nitaendelea kusoma fomu ya pili kwa wanawake pekee. Ni muhimu utilie maanani kila swali na ujibu kwa uaminifu ndiposa tuweze kuhakikisha usalama wako. Kumbuka, majibu yako yatawekwa kwa siri na pia kumbuka kuheshimu usiri wa washiriki wenzio kwa kuangalia karatasi yako binafsi.*

After you are finished with all the questions, please raise your hand so that we can go over your responses with you privately. If we feel that your participation is a risk to your health, you may be asked to leave, but will be compensated for coming today regardless. Are there any questions?

*Ukimaliza kujibu maswali yote, tafadhali nyosha mkono wako ili tupitie majibu yako na wewe kwa siri. Tukihisi kwamba kushiriki kwako kunahatarisha afya yako, unaweza ombwa kuondoka, lakini utapewa fidia kwa kuja leo. Kuna swali Lolote?*

*{pause for questions, then continue below with the script}*

1. Are you pregnant or breastfeeding now?

*Uko mja mzito au unanyonyesha kwa sasa?*

A. Yes

B. No

C. Unsure

2. When did your last menstrual period start?

*Hedhi/damu ya mwezi yako ya mwisho ilianza lini?*

- A. Days Ago
- B. Weeks Ago (Less than 3 weeks)
- C. Months ago
- D. Years ago
- E. In menopause / No longer menstruate
- F. Before last birth
- G. Never menstruate
- H. Had hysterectomy

3. Are you or your partner currently doing something or using any method to delay or avoid getting pregnant?

*Je, wewe au mpenzi wako mnafanya kitu au kutumia mbinu yoyote ya kuchelewesha au kuzuia kupata mimba?*

- A. Yes
- B. No

4. If yes, which method are you using?

*Ikiwa ndio, ni mbinu gani mnayo tumia?*

- A. Female Sterilization
- B. Male Sterilization
- C. IUD (and still implanted, within last 5 years)
- D. Injectables (within past 3 months)
- E. Implants (still implanted and within 2 years or depends on implant)
- F. Pill (and taking every day in past month)
- G. Condom (consistent and correct use for every sexual intercourse)
- H. Female Condom (consistent and correct use for every sexual intercourse)
- I. Emergency contraception
- J. Calendar methods such as standard says method or rhythm method
- K. Lactational amenorrhea method
- L. Withdrawal
- M. Other method
- N. Abstinence (since last period)

5. Since what month and year have you been using (CURRENT METHOD) without stopping? *Probe: For how long have you been using (CURRENT METHOD)?*

*Ni kuanzia mwezi na mwaka gani Umekuwa ukitumia (MBINU HIYO) Bila kuacha?  
Probe: Kwa muda gani umekuwa ukitumia (MBINU HIYO)?*

*{Lead or Timer: meet individually with all women; collect consent forms from the men}*

**[LEAD]**

Are everyone's phones off? We will now go to the computer room, where I will give you more information about the study. Please find the computer with the number on your placecard, and sit down. Again, remember that you are not allowed to speak to each other from now on, and please wait to touch the computers until we instruct you to do so.

*Kila mtu amezima simu? Sasa tutaenda kwa chumba cha utafiti, ambapo nitawapa maelezo zaidi kuhusu utafiti. Tafadhali tafuta kompyuta iliyo na nambari ya placecard yako na uketi chini. Tena, kumbuka hufai kuzungumza na wenzako kuanzia sasa na tafadhali usiguze kompyuta hadi tutakapokuambia kufanya hivyo.*

**TIMER**

*{TIMER: Verify that participants have not switched placecards}*

*Reminder for Timer or Lead: Ensure that copies of participant's consent forms are made during the session to hand out by the end of the session.*

**Timer:** 🕒 Fill in the green box **C11 Consent** when consent instructions begin 🕒

\*\*\*\*\* **COMPUTER ROOM** \*\*\*\*\*

### **3. BEGIN HR MEASUREMENTS**

**LEAD**

**[LEAD]:**

Now we are going to connect you to the equipment, which we use to collect information about your body throughout the research study. Please try your best to ignore the equipment by pretending that it is not there as you complete each part of the experiment. Agreeing to participate in the collection of this data will be important for the purpose of this study; however, if you feel uncomfortable, you may choose to remove the equipment at any time by raising your hand to let the researcher know. Do you have any questions?

*Sasa tuta kuunganisha na vifaa, ambavyo tutatumia kukusanya taarifa kuhusu mwili wako katika utafiti. Tafadhali jaribu kupuuza hivi vifaa kwa kujifanya kuwa haviko wakati*

*unakamilisha kila sehemu ya utafiti. Kukubali kushiriki katika ukusanyaji wa taarifa hii itakuwa muhimu kwa ajili ya utafiti huu, hata hivyo, kama unajisikia kuwa na wasiwasi, unaweza kuchagua kuondoa vifaa wakati wowote kwa kunyoosha mkono wako ili mtafiti ajue. Je, una maswali yoyote?*

The strap will be secured around your mid-section against your skin. If you prefer to connect the strap in private, there are washrooms outside near the elevators that you may go to.

*kamba itafungwa sehemu ya katikati yako dhidi ya ngozi yako. Kama unapendelea kuunganisha kamba kwa siri, kuna vyoo nje karibu na elevators ambapo unaweza kwenda.*

There is a strap and an instruction sheet in front of you. I will also demonstrate how to wear the strap now.

*Kuna kamba na karatasi ya maelezo mbele yako. Pia nitawaonyesha jinsi ya kuvaa kamba sasa.*

*{Demonstrate how to wear the HR strap – 1. Wet the electrode area; 2. Tie strap around your chest; 3. Adjust strap to fit; 4. Ensure connector is centered and upright under chest.}*

Are there any questions? If there are no [more] questions then please begin putting on the strap now. If you need help, let us know and we will assist you.

*Je, kuna maswali yoyote? Kama hakuna maswali [zaidi] basi tafadhali anza kuvaa kamba sasa. Kama unahitaji msaada, tujulishe na tutakusaidia.*

**{Lead: PLEASE REFER TO THE POLAR H7 MANUAL}**

*{Once everyone returns to the room and all straps are on, proceed with the script below}*

**[LEAD]:**

I will now come around to you individually to ensure information is being collected correctly.

*Sasa nitakuja karibu na wewe ili kuhakikisha habari zinakusanywa kwa usahihi.*

**{Lead: Verify that data is flowing from each piece of equipment before moving on}**

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## **TIMER**

**Timer:** ⌚ Fill in the green box **C13 HR measurement begins** when HR monitors begin recording participant data ⌚

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#### 4. INTRODUCTION AND INTRODUCTION TO COMPUTER INTERFACE

Treatment ID: 1, 2 & 3

{Open 1\_Intro Screen.ztt}

During this session, you will use the computer in front of you to answer a number of questions and make choices.

*Wakati wa utafiti huu, utatumia kompyuta iliyo mbele yako kujibu maswali kadhaa na kufanya maamuzi*

After we are finished, you will receive payment via cash. Everyone will receive 650 KSH for show up and transport today, plus KSH 50 if you showed up on time, regardless of how you perform on the tasks during the session. However, you will also have the opportunity to earn additional money based on your decisions in the game or your performance.

*Tukimaliza, utapokea malipo yako taslimu. Kila mtu atapokea shilingi 650 ya kuhudhuria na transport leo pamoja na shilingi 50 iwapo ulikuja wakati uliofaa, bila kujali ulivyo fanya katika shughuli wakati wa kikao. Hata hivyo, utakua na nafasi ya kujipatia pesa za ziada kulingana na maamuzi yako katika michezo au unavyo fanya.*

In these games, there are no right or wrong answers, but it is important to make each decision carefully. After all of the games have been played, your choices from one of the games will be randomly chosen for payment from today and the seventh day of the study. ONLY ONE TASK FROM ONE DAY WILL BE RANDOMLY CHOSEN FOR ADDITIONAL PAYMENT.

*Katika michezo hii, hakuna jibu sahihi au lisilo sahihi, lakini ni muhimu kufanya kila uamuzi kikamilifu. baada ya michezo yote kucheza, majibu yako kutoka kwa moja ya michezo itachaguliwa bila mpangilio wowote na kutumika katika malipo. SHUGHULI MOJA KUTOKA SIKU YA KWANZA ITACHAGULIWA BILA MPANGILIO WOWOTE KWA MALIPO YA ZIADA.*

You will also answer a number of questions about yourself, your preferences, and your current situation. There are no right or wrong answers in these questionnaires, but it is important to be as honest as possible when answering.

*Pia utajibu maswali kadhaa k kuhusu wewe binafsi, mapendeleo yako and hali yako ya sasa. hakuna jibu sahihi au lisilo sahihi katika questionnaire hizi lakini ni muhimu kusema ukweli uwezekanavyo unapojibu.*

Please listen carefully to the instructions that are being read to you. Tell us if you have any questions or if there is anything that you do not understand.

*Tafadhali sikiliza kwa makini maelezo yanayosomwa kwako. Tuambie ikiwa una maswali yeyote au ikiwa kuna jambo lolote hujaelewa.*

Are there any questions about how your payment will be determined before we move on? Please press the "OK" button now.

*Kuna maswali yeyote kuhusu vile malipo yako yataamuliwa kabla tusonge mbele. Tafadhali gusa button ya ok*

*{Lead: Start 2\_CPR\_TestMouse zTree treatment. Walk around to confirm that Introduction has loaded on every participant's screen and then instruct participants to begin.}*

**LEAD**

**[LEAD]:**

Now, we will learn to use a computer. In this study, you should touch the "screen" using the fleshy part of your finger. Please don't hit or push the computer. If the computer doesn't respond the first time, touch again or raise your hand to be assisted.

*Sasa, tutajifunza kutumia computer. Katika somo hili, lazima uguze screen ukitumia sehemu ya kidole iliyo na nyama. Tafadhali usigonge au kusukuma computer. Ikiwa computer haita respond mara ya kwanza, gusa tena au inua mkono wako ili usaidiwe.*

On your screen there is a green box. Please touch it now to see how the touch screen works. Can someone tell me, what color it has changed to?

*Katika screen yako kuna sanduku la green. Tafadhali liguze sasa kuona vile touch screen inafanya kazi. Unaeza niambia limebadilika lika rangi gani?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, it's red. Touch it again. After the box has disappeared there is an "OK" button. We'll use this button several times in today's study. To learn how to use it, please touch it. The box should disappear when you touch it.

*Ndio, ni red. liguze tena. Baada ya box kupotea kuna 'OK' button. Tutatumia button hii mara kadhaa katika utafiti wa leo.*

*{Lead walks around to confirm that OK button has disappeared from every screen}*

**[LEAD]:**

You will see the screen "Please wait till the study continues." You will see this screen many times in the study today. Are there any questions on using the computer? OK, let's start with the first part of the study.

*Utaona kwa screen "Please wait till the study continues". Utaona screen hii mara nyingi katika utafiti wa leo. Kuna maswali yeyote kuhusu kutumia kompyuta? OK wacha tuanze na sehemu ya kwanza ya utafiti.*

*{Lead: Start 3\_TSST\_ScaleComprehension zTree treatment. Walk around to confirm that ScaleComprehension has loaded on every participant's screen and then instruct participants to begin.}*

**[LEAD]:**

Please click on the line to indicate a number. Then press OK.

*Tafadhali bonyeza kwa laini kuonyesha nambari. Alafu gusa ok*

Locate and click on the no.5. Do not press OK.

*Tafuta na ubonyeze nambari 5.*

Locate and click on the no.12.

*Tafuta na ubonyeze nambari 12.*

If you have problems, feel free to ask for help. Now you may press OK.

*Ukiwa na matatizo, hisi uhuru wa kuomba usaidizi.*



**[LEAD]:**

For today's session, PLEASE ONLY USE THE TOUCHSCREEN FOR ALL TASKS AND QUESTIONNAIRES. DO NOT USE THE MOUSE.

*Kwa utafiti wa leo, tafadhali tumia touch screen pekee kwa zoezi na maswali yote. Usitumie mouse*

## **TIMER**

**Timer:**  Fill in the green box **C14 Intro to computer interface - start** when 2\_TSST\_TestMouse begins in ztree 

**Timer:**  Fill in the green box **C15 Intro to computer interface - end** when 3\_TSST\_ScaleComprehension ends in ztree 

## **5. PANAS**

**Treatment ID: 4**

*{Lead: Start 4\_PANAS zTree treatment. Walk around to confirm that 4\_PANAS has loaded on all participants' screens and then instruct them to begin while reading aloud the questions one-by-one.}*

**[LEAD]:**

For each of the following statements, please think about the degree to which you currently feel the emotion, where 0 means “not at all” and 100 means “very much”. Please click on the line to indicate the degree to which you feel this emotion right now. Use the options in the middle if you fall somewhere in between. Press the “OK” button after you have made your choice. Please raise your hand if you have any questions. Otherwise, press the CONTINUE button

now.

*Kwa kila kauli zifuatazo, tafadhali fikiria ni kiasi gani unahisi kwa sahi, ambapo 0' inamaanisha hakuna kabisa na 100 inamaanisha Zaidi sana. Tafadhali bonyeza kwa line kuonyesha kiasi vile unahisi kwa sahi. Tumia chaguo la katikati kama unahisi kuwa katikati. Gusa ok button ukishaweka jibu lako Tafadhali, inua mkono kama uko na swali lolote. Haya gusa CONTINUE button sasa.*

Please click on the line to indicate the degree to which you feel this emotion right now.

*Tafadhali bonyeza kwa line kuonyesha kiasi ya vile unahisi kwa sahi*

1. In the present moment, I feel interested.  
*Sasa hivi nahisi kuwa na hamu ya kufanya jambo.*
2. In the present moment, I feel distressed  
*Sasa hivi nahisi kusunoneka.*
3. In the present moment, I feel excited.  
*Sasa hivi nahisi nimechangamka.*
4. In the present moment, I feel upset.  
*Sasa hivi nahisi kuudhika.*
5. In the present moment, I feel strong.  
*Sasa hivi nahisi mwenye nguvu.*
6. In the present moment, I feel guilty.  
*Sasa hivi nahisi mwenye hatia.*
7. In the present moment, I feel hostile.  
*Sasa hivi nahisi kuonyesha uhasama.*
8. In the present moment, I feel proud.  
*Sasa hivi nahisi majivuno.*
9. In the present moment, I feel irritable.  
*Sasa hivi nahisi kukerwa.*
10. In the present moment, I feel alert.  
*Sasa hivi nahisi uko chonjo.*
11. In the present moment, I feel ashamed.  
*Sasa hivi nahisi mwenye aibu.*
12. In the present moment, I feel inspired.  
*Sasa hivi nahisi kupa motisha.*
13. In the present moment, I feel nervous.  
*Sasa hivi nahisi kuwa na uoga.*
14. In the present moment, I feel determined.  
*Sasa hivi nahisi mwenye bidii.*
15. In the present moment, I feel attentive.  
*Sasa hivi nahisi kuwa makini.*

16. In the present moment, I feel jittery.  
*Sasa hivi nahisi siwezi kutulia*
17. In the present moment, I feel active.  
*Sasa hivi nahisi mchangamfu.*
18. In the present moment, I feel afraid.  
*Sasa hivi nahisi kuogopa.*
19. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*
20. In the present moment, I feel anxious.  
*Sasa hivi nahisi kuwa na wasiwasi.*
21. In the present moment, I feel aggressive.  
*Sasa hivi nahisi uchokozi.*
22. In the present moment, I feel agitated.  
*Sasa hivi nahisi kukasirishwa.*
23. In the present moment, I feel dizzy.  
*Sasa hivi nahisi kizunguzungu.*
24. In the present moment, I feel a fast slow, pounding, or irregular heartbeat or pulse.  
*Sasa hivi nahisi roho yangu inagonga haraka, inapiga kwa nguvu ama inapiga bila mpangilio.*
25. In the present moment, I feel a shortness of breath.  
*Sasa hivi nahisi kupungukiwa na hewa.*
26. In the present moment, I feel that I have trouble thinking.  
*Sasa hivi nahisi ninashida ya kufikiria.*
27. In the present moment, I have a headache.  
*Sasa hivi naumwa na kichwa.*
28. In the present moment, I feel my mood is changing.  
*Sasa hivi nahisi 'mood' yangu inabadilika.*

### **TIMER**

**Timer:** ⌚ Fill in the green box **C16 PANAS 1- start** when 4\_PANAS begins in ztree ⌚

**Timer:** ⌚ Fill in the green box **C17 PANAS 1- end** when 4\_PANAS ends in ztree ⌚

### **6. SALIVETTE 1: WHITE**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

Now I will explain to you how the salivettes work. With these salivettes, we collect saliva samples for the analysis of hormones in the body. First, please rinse your mouth by drinking a sip of water.

*Sasa nitawaeleza jinsi salivettes zinafanya kazi, kupitia hizi salivettes, tunasanya sampuli za mate kwa uchunguzi wa homoni mwilini. Mwanzo, kamua mdomo kwa kunywa maji.*

*{allow participants a moment to rinse mouths}*

Please take the **WHITE** salivette, open it and take out the small cotton swab. **Do not remove the labels, and do not put it in your mouth yet.** Please wait until everyone has a cotton swab in hand.

*Tafadhali chukua salivette ya WHITE, fungua kisha utoe pamba, usitoe labels, na bado usiitie mdomoni.*

*{Lead: Salivettes should be **WHITE**. Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Now put the cotton swab into your mouth and chew lightly on it. Please do not chew too hard, and under no circumstance should you swallow it. The cotton swab should absorb as much saliva as possible. After one minute, I will tell you to remove it again.

*Sasa weka pamba mdomoni na utafune pole pole. Tafadhali usitafune kwa nguvu, na pia hufai kuimeza. Pamba yafaa kunyonya mate mingi iwezekanavyo. Baada ya dakika moja, nitawaambia kutoa tena.*

*{Lead: Set stopwatch for **1 minute**; Timer should confirm with watch.}*

**[LEAD]:** Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

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## **TIMER**

**Timer:** 🕒 Fill in the green box **C18 Salivette 1 (baseline)** when participants began chewing on the cotton swab in the salivette 🕒

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## **7. STRESS\_VAS\_1**

**Treatment ID: 5**

*{Lead: Start 5\_StressVAS\_1 zTree treatment. Walk around to confirm that Stress\_VAS\_1 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

2. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

### **TIMER**

**Timer:**  Fill in green box **C19 Stress VAS** when 5\_StressVAS\_1 started on zTree. 

## **8. INTRODUCTION TO 2 TASKS - DISCOUNTING AND STROOP TASKS**

### **LEAD**

**[LEAD]:**

In this financial decisions task, you will play two different games to choose payments that you prefer across different times. Remember only one randomly selected task will be chosen for payment out of what you complete today. If this task is chosen for payment, you will receive one payment for participating in this study, an EARLIER payment OR a LATER payment. You will receive the EARLIER payment on an EARLIER date, OR you will receive the LATER payment on a LATER date. Your payment will be sent via MPesa by 6pm on the date. On the day that you are scheduled to receive your payment, we will send you a text message reminder that the payment is coming. If you do not receive your payments, you should immediately contact the staff at Busara.

*Katika shughuli hii ya uamuzi wa kifedha, utacheza michezo miwili tofauti kuamua malipo unayo pendelea kwa wakati tofauti. Kumbuka shughuli moja tu ndio itachaguliwa kwa malipo kwa zile ambazo utakamilisha leo. Ikiwa shughuli hii itachaguliwa kwa malipo, utapokea malipo moja kwa kushiriki katika utafiti huu, malipo ya MAPEMA au malipo ya BAADAE. Utapokea malipo ya MAPEMA tarehe ya mapema na kupokea malipo ya baadae tarehe ya BAADAE. Malipo yako itatumwa kwako kwa njia ya mpesa kabla ya saa kumi na mbili jioni kwa hio tarehe. Katika ile siku ambayo unatarajiwa kupokea malipo yako, tutakutumia ujumbe mfupi yakukumbusha yakua malipo inakuja. Usipo pokea malipo yako, wasiliana na Busara moja kwa moja.*

**LEAD**

**[LEAD]:**

You will make a total of 48 decisions in this task. The game has two parts. In the first part you will make 24 decisions about gaining money; in the second part, you will make another 24 decisions about losing money. If this task is chosen for payment, all 48 decisions have the same chance of being chosen as the payment decision, so you should make each decision as if it were the payment decision.

*Utafanya jumla ya maamuzi 48 katika kazi hii. Mchezo una sehemu 2. Katika sehemu ya kwanza utafanya maamuzi 24 ya kupata pesa; katika sehemu ya pili, utafanya maamuzi mengine 24 ya kupoteza pesa. Kazi hii ikichaguliwa kwa malipo, maamuzi yote 48 yako na uwezekano sawa yakuchaguliwa kama maamuzi ya malipo, kwa hivyo, unafaa ufanye kila uamuzi ni kama huo ndio uamuzi wa malipo.*

For this game, you will start with 1600 KSH. Because of the payment decision, you may receive more or less than 1600 KSH on the EARLIER date OR the LATER date. We will add or take away any money from the payment decision to your two payments of 1600 KSH. So if this task is chosen for payment, you will receive at least 1600 KSH sent via M-Pesa.

*Kwa mchezo huu, utanza na shilingi 1600. Kwa sababu ya maamuzi ya malipo, unaweza pokea zaidi au chini ya shilingi 1600 katika tarehe ya MAPEMA, au tarehe ya BADAAE. Tutaongeza au kupunguza pesa yeyote kutoka kwa maamuzi ya shilingi 1600. Kwa hivyo, ikiwa shughuli hii itachaguliwa kwa malipo, utapokea angalau shilingi 1600 kupitia mpesa*

**LEAD**

**[LEAD]:**

So, can someone tell me how many decisions you will make?

*Kwa hivyo, kuna mtu anaweza niambia ni maamuzi mangapi utafanya?*

{Wait for respondent to answer 48.}

**LEAD**

**[LEAD]:**

That's correct, you will make 48 decisions, and one of them will decide how much you are paid for the study if this task is chosen for payment.

*Hiyo ni sawa, utafanya maamuzi 48, na moja yao itaamua ni pesa ngapi utalipwa kwa utafiti ikiwa kazi hii itachaguliwa kwa malipo.*

**LEAD**

**[LEAD]:**



If this task is chosen for payment, how many payments will you receive?

*Ikiwa kazi hii itachaguliwa kwa malipo, utapokea malipo ngapi?*

*{Wait for respondent to answer 1 payment}*

**LEAD**

**[LEAD]:**

Yes, you will receive one payments – one at an EARLIER date OR one at a LATER date. Both payments will be sent via M-Pesa.

*Ndio, utapokea malipo moja - moja katika tarehe ya MAPEMA au moja katika tarehe ya BAADA. Malipo yote yatatumwa kwa njia ya M-pesa.*

Since the computer will decide which task you will start first, I am going to explain each game to you and you will practice each game before starting the real task. We will start with the first type of game.

*Kwasababu kompyuta ndio itaamua ni kazi kazi itanza kwanza, nitawaeleza kila mchezo na mta practice kila mchezo kabla yakuanza kazi halisi. Tutaanza na mchezo wa aina ya kwanza.*

**Treatment ID: 7**

***Explaining MPL\_Gains***

*{Lead opens 7\_MPL\_gains\_example.ztt}*

**LEAD**

**[LEAD]:**

Does everyone see an "OK" button in the center of the screen? Please wait to touch any buttons until I tell you.

*Kila mtu anaona 'button' ya "OK" katikati ya skrini? Tafadhali usiguze button yoyote hadi nikuambie.*

*{Confirm that program has started on all computers}*

Now please click the "OK" button in the center of the screen to move to the next screen. You will make 24 decisions in this part of the study. In each decision, you will choose between a smaller EARLIER payment and a larger LATER payment. The easiest way to explain how you will make decisions is to show you an example.

*Sasa bonyeza button ya "OK" katikati ya skrini ili usonge kwenye skrini ifuatayo. Utafanya maamuzi 24 katika sehemu ya utafiti/study. Kwa kila uamuzi utachagua kati ya malipo kidogo ya mapema na malipo kubwa ya baadaye. Njia rahisi ya kueleza jinsi ya kufanya maamuzi ni kuwaonyesha mfano.*

For each decision that you will make, you will see a screen like the one that you have in front of you now. These two boxes show you **when** you will receive the two payments. The box on the left shows the amount of money you will receive in the EARLIER payment, and the box on the right shows the amount of money you will receive in the LATER payment.

*Kwa kila uamuzi utafanya utaona skrini kama iliyo mbele yako sasa. Box hizi mbili zinakuonyesha ni lini utapata malipo yako mbili.Box iliyokushoto inakuonyesha kiwango cha malipo utakayopokea mapema na box iliyo kulia inakuonyesha kiwango cha malipo utakayopokea baadaye.*

In this example, how much is the EARLIER payment?

*Kwa huu mfano, malipo ya MAPEMA ni ngapi?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, the EARLIER payment is 400 KSH. And how much is the LATER payment?

*Ndio,malipo ya MAPEMA ni shilingi mia nne,Malipo ya BAADAE ni ngapi?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, the LATER payment is 600 KSH.

*Ndio, malipo ya BAADAE ni shilingi mia sita.*

**[LEAD]:**

Each decision will be different. You will decide if you want to receive the EARLIER payment or the LATER payment. There is no right or wrong answer - you just choose the payment that you prefer more. To choose the EARLIER payment, touch the green "CHOOSE THE EARLIER PAYMENT" button on the left side of the screen. To choose the LATER payment, touch the yellow "CHOOSE THE LATER PAYMENT" button on the right side of the screen. So, to make a decision, you touch the button, which is below the payment that you prefer. When you touch the button, its color will turn red. To confirm your decision, you touch the "OK" button at the bottom of you screen. You can change your decision before you touch the "OK" button.

*Kila uamuzi utakuwa tofauti. Utaamua ikiwa unataka kupokea malipo ya MAPEMA au ya BAADAYE.Hakuna jibu sahihi au lisilo sahihi-utachagua malipo unayopendelea mno.Kuchagua malipo ya MAPEMA,guza button ya green iliyo kulia kwa skrini’’CHAGUA MALIPO YA MAPEMA’’.Kuchagua malipo ya BAADAYE guza button ya yellow iliyo kushoto kwa skrini’’CHAGUA MALIPO YA BAADAYE’’. Sasa kufanya uamuzi,unaguza button iliyo chini ya malipo unayopendelea.Ukiguza button rangi yake itageuka kuwa red/nyekundu.Kuthibitisha uamuzi wako guza button ya “OK”*

*iliyochini ya skrini yako.Unaweza badilisha uamuzi wako kabla ya kuguza button ya “OK”*

Let's look at the example. If you want to choose the EARLIER payment, you touch which button, green or yellow?

*Sasa tuangalie mfano.Ukitaka kuchagua malipo ya mapema utaguza button ya green au yellow?*

*{Pause to let subjects answer}*

**[LEAD]:**

Yes, the green button on the left. And to choose the later payment you touch which button?

*Ndio, button ya green iliyo kushoto.Kuchagua malipo ya baadaye unaguza button gani?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, the yellow button on the right. Try to touch one of the buttons yourself. To confirm your decision, you touch the "OK" button at the bottom of your screen. The computer will then move to the next decision. Are there any questions?

*Ndio, button ya yellow iliyo kulia.Jaribu kuguza moja ya buttons wewe mwenyewe..Kuthibitisha uamuzi wako,guza button ya “OK”iliyo chini ya skrini.Kompyuta itasonga kwa uamuzi unaofuata.Kuna maswali yoyote?*

*{Pause to allow respondents to ask questions}*

**[LEAD]:**

Today, you will make decisions from this game in 3 different rounds. Each round will have 8 decisions. The dates of the EARLIER and the LATER payments will be different in every round. At the beginning of each round, the boxes on your screen will show you when the EARLIER and LATER payments will take place for all the decisions in that round, so please pay special attention.

*Leo utafanya maamuzi katika raundi tatu tofauti kwa mchezo huu.Kila raundi itakuwa na maamuzi nane.Tarehe ya malipo ya MAPEMA na BAADAYE itakuwa tofauti kwa kila raundi.Mwanzo wa kila raundi, kisanduku kilicho kwa skrini kitaonyesha lini malipo ya MAPEMA na ya BAADAYE yatakapo fanyika,kwa hivyo tafadhali kuwa makini.*

So for example, in this decision, can someone tell me when you will receive the EARLIER payment?

*Kwa mfano,kwa uamuzi huu,mmoja wenu anaweza nieleza ni lini atapokea malipo ya MAPEMA?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the EARLIER payment today. Now can someone tell me when you will receive the LATER payment?

*Hiyo ni sahihi,utapokea malipo ya MAPEMA leo.Sasa mmoja wenu anaweza nieleza ni lini atapokea malipo ya BAADAYE?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the later payment in one week.

*Hiyo ni sahihi, utapokea malipo ya BAADAYE kwa wiki moja.*

Within a round, the date of the EARLIER payment is the same for all decisions and the date of the LATER payment is the same for all decisions. All 24 decisions in this part of the study also have the same chance of being chosen, so you should think carefully about each decision. You will receive the payment that you chose - the EARLIER payment or the LATER payment - from the **payment decision if this game is randomly chosen as the payment game**. Are there any questions?

OK. Touch the OK button to go to the next screen.

*Kwa kila raundi, tarehe ya malipo ya MAPEMA ni sawa kwa maamuzi yote na tarehe ya malipo ya BAADAYE ni sawa kwa maamuzi yote.Maamuzi yote 24 katika kila sehemu ya utafiti yana nafasi sawa ya kuchaguliwa kwa hivyo yafaa ufikiri kwa makini kabla ya kufanya uamuzi.Utapokea malipo uliyochagua -malipo ya mapema au ya baadaye,kutokana na uamuzi wa malipo ikiwa mchezo huu utachaguliwa bila mpangilio kuwa mchezo wa malipo.Kuna maswali yoyote? OK.gusa OK button kusonga kwa skrini inayofuata.*

**[LEAD]:**

Now we will start with a practice round. The practice round will be similar to the 3 later rounds you will play for real. In this practice round, you will make 4 decisions about how you want choose between an EARLIER date and a LATER date. This round is just for practice; these decisions will not be the payment decision.

*Sasa tutaanza na raundi la jaribio.Hili zoezi la jaribio litakua sawa na raundi 3 zinazofuata ambazo utacheza kwa kweli.Katika raundi hii ya jaribio,utafanya maamuzi 4 kuhusu vile*

*unavyotaka kuchagua pesa kati ya tarehe ya MAPEMA na tarehe ya BAADAYE. Raundi hii ni ya jaribio tu; maamuzi haya hayatakua ya malipo.*

On your screen, you should see two dates. The date of the earlier payment is today and the date of the later payment is one week from today. Now please touch the "OK" button in the center of the screen and start making your decisions. Remember, you have 4 decisions to make in this practice round. After making each decision, touch the "OK" button to move forward.

*Katika screen yako, unafaa kuona tarehe mbili. Tarehe ya malipo ya mapema ni leo na tarehe ya malipo ya baadae ni wiki moja kutoka leo. Sasa tafadhali guza "OK" button iliyo katikati ya screen na uanze kufanya maamuzi yako. Kumbuka, una maamuzi 4 yakufanya katika raundi hii ya jaribio. Baada ya kufanya kila uamuzi, guza "OK" button kusonga mbele.*

## **Treatment ID: 8**

### ***Explaining MPL\_Losses***

*{Lead opens 8\_MPL\_losses\_example.ztt}*

#### **LEAD**

#### **[LEAD]:**

The last type of game is the same as the choice game I just explained, except this time instead of choosing how much money you would like to receive earlier or later, you will choose how much money you would prefer to lose earlier or later.

*Aina ya mwisho ya mchezo ni sawa na ule wa mchezo wa choice nilioeleza, isipokuwa wakati huu badala ya kuchagua ni pesa ngapi ungependa kupokea MAPEMA ama BAADAYE, utachagua ni pesa ngapi ungependelea kupoteza MAPEMA ama BAADAYE.*

#### **[LEAD]:**

Does everyone see an "OK" button in the center of the screen? Please wait to touch any buttons until I tell you.

*Je, kila mtu anaona button ya "OK" katikati ya skrini? Tafadhali ngoja, usiguse button yoyote hadi nitakapo kwambia.*

*{Lab Assistant confirms that program has started on all computers}*

Now please click the "OK" button in the center of the screen to move to the next screen. Again, you will make 24 decisions in this part of the study. In each decision, you will choose between a smaller EARLIER loss OR a larger LATER loss to be taken from your 1600 KSH that you are given to start with if task is chosen for payment. The easiest way to explain how you will make decisions is to show you an example.

For each decision that you will make, you will see a screen like the one that you have in front of you now. These two boxes show you **when** you will lose money. The box on the left shows the amount of money you will lose at the EARLIER time, and the box on the right shows the amount of money you will lose at the LATER time.

In this example, the EARLIER loss is 400 KSH and the LATER loss is 600 KSH (which will be taken from the 1600 KSH you are given to start with).

*Sasa, tafadhali guza “OK” button katikati ya skini kusonga kwa skrini ijayo. Katika sehemu hii ya utafiti, utafanya maamuzi ishirini na nne. Katika kila uamuzi, utachagua kati ya hasara ndogo ya mapema au hasara kubwa ya baadaye, itakayotolewa katika 1600 uliyopewa ya kuanza nayo, iwapo kazi hii itachaguliwa kwa ajili ya malipo. Njia rahisi ya kueleza jinsi utakavyofanya uamuzi ni kwa kukuonyesha mfano.*

*Kwa kila uamuzi utakaofanya, utaona skrini kama uliyonayo mbele. Vijisanduku hivi vinakuonyesha wakati gani utapoteza pesa. Kisanduku kulicho kushoto kinakuonyesha kiwango cha pesa ambacho utapoteza mapema na kisanduku kilicho kulia kinakuonyesha kiwango cha pesa ambacho utapoteza.*

*Katika huu mfano, utapoteza MAPEMA shilingi 400 na BAADAYE shilingi 600 (ambayo itachukuliwa kutoka kwa shilingi 1600 uliyopewa ya kuanza nayo).*

#### [LEAD]:

Each decision will be different. You will decide if you want to receive the EARLIER loss or the LATER loss. There is no right or wrong answer - you just choose the loss that you prefer more. To choose the EARLIER loss, touch the green "CHOOSE THE EARLIER LOSS" button on the left side of the screen. To choose the LATER loss, touch the yellow "CHOOSE THE LATER LOSS" button on the right side of the screen. So, to make a decision, you touch the button, which is below the payment loss that you prefer. When you touch the button, its color will turn red. To confirm your decision, you touch the "OK" button at the bottom of you screen. You can change your decision before you touch the "OK" button.

*Kila uamuzi utakuwa tofauti. Utaamua ikiwa unataka kupoteza malipo ya MAPEMA au ya BAADAYE. Hakuna jibu sahihi au lisilo sahihi - utachagua malipo unayopendelea mno kupoteza. Kuchagua kupoteza malipo ya MAPEMA, guza button ya green iliyo kulia kwa skrini "CHAGUA KUPOTEZA MALIPO YA MAPEMA". Kuchagua malipo ya BAADAYE guza button ya yellow iliyo kushoto kwa skrini "CHAGUA KUPOTEZA MALIPO YA BAADAYE". Sasa kufanya uamuzi, unaguza button iliyo chini ya kupoteza malipo unayopendelea. Ukiguza button rangi yake itageuka kuwa red/nyekundu. Kuthibitisha uamuzi wako guza button ya "OK" iliyochini ya skrini yako. Unaweza badilisha uamuzi wako kabla ya kuguza button ya "OK"*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Today, you will make decisions from this game in 3 different rounds. Each round will have 8 decisions. The dates of the EARLIER and the LATER losses will be different in every round. At the beginning of each round, the boxes on your screen will show you when the EARLIER and LATER losses will take place for all the decisions in that round, so please pay special attention.

*Leo utafanya maamuzi katika raundi tatu tofauti kwa mchezo huu. Kila raundi itakuwa na maamuzi nane. Tarehe ya malipo ya MAPEMA na BAADAYE itakuwa tofauti kwa kila raundi. Mwanzo wa kila raundi, kisanduku kilicho kwa skrini kitaonyesha lini malipo ya MAPEMA na ya BAADAYE yatakapo fanyika, kwa hivyo tafadhali kuwa makini.*

So for example, in this decision, can someone tell me when you will receive the EARLIER loss?

*Kwa mfano, kwa uamuzi huu, mmoja wenu anaweza nieleza ni lini atapokea malipo ya MAPEMA?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the EARLIER payment today. Now can someone tell me when you will receive the LATER loss?

*Hiyo ni kweli, utapata hasara ya mapema leo. Na mmoja wenu anaweza niambia ni lini utapata hasara ya BAADAYE?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the later loss in one week.

*Hiyo ni kweli, utapata malipo uliopoteza baada ya wiki moja.*

Within a round, the date of the EARLIER loss is the same for all decisions and the date of the LATER loss is the same for all decisions. All 24 decisions in this part of the study also have the same chance of being chosen, so you should think carefully about each decision. You will receive the loss that you chose - the EARLIER loss or the LATER loss - from the **payment decision if this game is randomly chosen as the payment game**. Are there any questions?

*Katikati ya raundi, tarehe ya malipo ya kupoteza ya MAPEMA ni sawa kwa kwa maamuzi zoe na tarehe ya malipo ya kupoteza kwa tarehe ya BAADAYE ni sawa kwa maamuzi yote. Maamuzi yote 24 katika sehemu hii ya utafiti iko na idadi sawa ya uwezekano wa kuchaguliwa, kwa hivyo fikiria kwa makini kwa kila uamuzi. Utapokea malipo uliopoteza ambayo*

*ulichagua -ya MAPEMA au ya BAADAYE - kutoka kwa malipo ya maamuzi ikiwa mchezo huu utachaguliwa bila mpangilio wowote kama ya mchezo wa malipo, Je kuna swali ?*

OK. Touch the OK button to go to the next screen.

*Sawa. Gusa OK button ili kwenda kwa screen ifuatayo.*

## **LEAD**

**[LEAD]:**

Now we will start with a practice round. The practice round will be similar to the 3 later rounds you will play for real. In this practice round, you will make 4 decisions about how you want choose between an EARLIER date and a LATER date. This round is just for practice; these decisions will not be the payment decision.

*Sasa tutaanza na raundi la jaribio. Hili zoezi la jaribio litakua sawa na raundi 3 zinazofuata ambazo utacheza kwa kweli. Katika raundi hii ya jaribio, utafanya maamuzi 4 kuhusu vile unavyotaka kuchagua pesa kati ya tarehe ya MAPEMA na tarehe ya BAADAYE. Raundi hii ni ya jaribio tu; maamuzi haya hayatakua ya malipo.*

On your screen, you should see two dates. The date of the earlier payment is today and the date of the later payment is one week from today. Now please touch the "OK" button in the center of the screen and start making your decisions. Remember, you have 4 decisions to make in this practice round. After making each decision, touch the "OK" button to move forward.

*Katika screen yako, unafaa kuona tarehe mbili. Tarehe ya malipo ya mapema ni leo na tarehe ya malipo ya baadae ni wiki moja kutoka leo. Sasa tafadhali guza "OK" button iliyo katikati ya screen na uanze kufanya maamuzi yako. Kumbuka, una maamuzi 4 yakufanya katika raundi hii ya jaribio. Baada ya kufanya kila uamuzi, guza "OK" button kusonga mbele.*

## **Treatment ID: 9**

*{Lead: Start 9\_Stroop\_Instructions.ztt treatment. Walk around to confirm that Introduction has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions for this next game. You may follow along on the screen in front of you.

*Nitakusiomea maelezo ya mchezo unaofwatia. Unaweza fwata kwenye screen iliyo mbele yako.*



Please only use the touchscreen for this task. This game is called the arrows task. In this task, you will see an arrow on the screen. When the arrow is red, click on the green rectangle to the side of the screen that the arrow points to. For example, if the arrow points to the left, then you would click on the green rectangle on the left side of the screen. You should hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next three rounds will be for practice and will not count towards your payment. Please press the “OK” button to continue now.

*Tafadhali tumia touchscreen kwa huu mchezo. Huu mchezo unaitwa mchezo wa arrows. Katika kazi hii utaona arrow kwa screen, ikiwa arrow ni red, bonyeza hapo kuna green kando ya screen penye arrow ina point. Kwa mfano, ikiwa arrow ina point kushoto, basi bonyeza kwenye rectangle ya green upande wa kushoto wa screen. Inafaa uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo. Raundi hizo zingine 3 zitakua za jaribio, haitahesbika katika malipo yako. Tafadhali bonyeza Ok ili kuendelea sasa.*

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*

## **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions aloud. You may follow along on the screen in front of you.

Now this time, the arrows will be blue and you will touch the opposite side of the screen. For example, if the arrow is blue and points to the left, then you would touch the green rectangle on the right side of the screen since it is opposite. Remember to hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next three rounds will be for practice and will not count towards your payment. Please press the “OK” button to continue now.

*Nitakusomea maelezo kwa sauti. Unaweza fwata kwa screen iliyo mbele yako.*

*Sasa, arrows zitakua blue na utaguza upande wa opposite wa screen. Kwa mfano, ikiwa arrow ni blue na ina angalia kushoto, basi utaguza hapo rectangle ya green iliyo upande wa kulia kwa maana iko opposite. Kumbuka uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo Raundi 3 zinazofwata zitakua za jaribio na hazitahesabika kwa malipo yako. Tafadhali bonyeza OK ili kuendelea.*

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*

## **LEAD**

[LEAD]:

*{Read the following script which is also on the computer screen}*

I will read to you the instructions aloud. You may follow along on the screen in front of you.

*Nitakusomea maelezo kwa sauti. Unaweza fwata screen iliyo mbele yako.*

This will be the final practice round. This time you will see that some arrows will be blue and some will be red. When the arrow is red, touch the green rectangle on the same side as the arrow points to. However, when the arrow is blue, please touch the opposite side of the screen. For example, if the arrow is red and points to the left, you would touch the green rectangle on the left side of the screen. If the arrow is blue and points to the left, you would touch the green rectangle on the right side of the screen since it is the opposite side. Remember to hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next six rounds will be for practice and will not count towards your final payment. Please press the “OK” button to continue now.

*Hii itakua jaribio la mwisho. Wakati huu uatona arrows zingine zitakua blue na zingine zitakua red. Wakati arrow ni red, guza rectangle ya green iliyo upande mmoja na penye arrow ina point. Ikiwa arrow ni ya blue, tafadhali guza upande wa opposite ya screen. Kwa mfano ikiwa arrow ni red na ina point kushoto, utaguza rectangle ya green iliyo upande wa kushoto wa screen. Ikiwa arrow ni ya blue na ina point kushoto, utaguza rectangle ya green upande wa kulia kwa sababu ni upande opposite. Kumbuka uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo Raundi 6 zinazofwatia ni za majaribio na haita hesabika kwa malipo yako ya mwisho. Sasa bonyezxa OK ili kuendelea.*

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*



**LEAD**

[LEAD]:

Great work. When you play this game later, you will have the chance to earn money if this task is chosen for payment.

*kazi njema. Ukicheza huu mchezo baadaye, utakuwa na nafasi ya kujipatia pesa kama hii shughuli itachaguliwa kwa malipo.*

**TIMER**

**Timer:**  Fill in green box **C20 Intro to 2 tasks – start** when lead begins explanation for CTB/MPL. 

**Timer:**  Fill in green box **C21 Intro to 2 tasks - ends** when lead ends explanation for Stroop.



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\*\*\*\*\* **INTERVIEW ROOMS** \*\*\*\*\*

*{Lead: bring participants to their designated interview room; ensure they sit in their correct seat}*

*(Interview Room #1 = cubicleID 1-5; Interview Room #2 = cubicleID 6-10)*

*{Evaluators wait outside of the interview room while Lab Lead gives instructions to participants}*

## **9. TSST STARTS**

*Note: this is the CONTROL (Common Day) Condition*

### **9a. TSST Instructions**

#### **LEAD**

**[LEAD]:**

Okay, now it is time to explain what your task today will be.

*Sawa, sasa ni wakati wa kukuelezea shughuli yako ya leo.*

In a moment, you will be asked to complete two tasks – a verbal task and a mathematic task. After each task, the panel will reward you with two tickets, one for each task completed, which will be entered into a drawing to receive a monetary bonus. The winners of the bonus is based on pure luck, such that each participant will have the same probability of winning the extra money. **Your performance in each of the tasks will NOT be evaluated nor effect the likelihood of winning the bonus.** You will receive these tickets on each day you participate in the task, and on the last day of the study, one of the 7 days will be randomly chosen. Within that chosen day, one of the two tasks will be randomly chosen to be paid out. Two out of ten participants will be picked at random to receive the monetary bonus. The total bonus is KSH 2500 and will be split amongst the two people, such that the person whose ticket is drawn first will receive KSH 1500 and the person whose ticket is drawn second will receive KSH 1000. This bonus is in addition to the amount paid to each participant for his or her participation. Remember, both the day and task that is paid out is random, so it is in your best interest to show up on each day of the study.

*Kwa wakati mfupi, utaulizwa kukamilisha shughuli mbili- ya kuongea na ya kuhesabu. Baada ya kila shughuli, utapewa tiketi mbili, moja ya kila shughuli uliyokamilisha, ambayo itawekwa kwenye draw ili uweze kupokea Bonus. Washindi wa Bonus watachaguliwa kwa njia ya bahati*

*nasibu, kwa hivyo, kila mshiriki ako na uwezekano sawa wa kushinda. **Utendaji wako kwa kila shughuli hautaathiri uwezekano wako wa kushinda Bonus.** Utapokea tiketi hizi kila siku unayoshiriki kwa shughuli, na kwa siku ya mwisho ya utafiti, siku moja kati ya siku zote saba itachaguliwa bila mpangilio wowote. Kati ya siku hiyo iliyochaguliwa, shughuli moja kati ya hizo mbili itachaguliwa bila mpangilio kwa malipo.*

*Washiriki Wawili kati ya washiriki kumi watachaguliwa bila mpangilio kupokea Bonus. Bonus kwa jumla ni KSH 2500 na itagawanywa baina ya watu hao wawili, wa kwanza ambaye tiketi yake ilichaguliwa ya kwanza atapokea KSH 1500 na wa pili ambaye tiketi yake ilichaguliwa ya pili atapokea KSH 1000. Hii Bonus inaongezwa juu ya ile ya kushiriki kwa utafiti. Kumbuka, siku na shughuli zitakazo lipwa zitachaguliwa bila mpangilio, kwa hivyo ni jukumu lako ujitokeze kila siku ya utafiti.*

Does anyone have any questions about the bonus?

*kuna mtu yeyote ako na swali kuhusu Bonus?*

In the first task you are asked to talk about yourself and a common day in your life. You may want to think about what happened within the last days, or how you usually spend your day. Details about your day might include what time you get up, what you do after that, who you spend the day with, what your favorite animal is, or whatever you want to talk about describing your preferences or a typical day in your life. The main purpose of this task is for us to get to know you.

*Katika shughuli ya kwanza utaulizwa uzungumzie kujihusu na siku yako ya kawaida. Unaweza kufikiria kilichotendeka siku chache zilizopita na jinsi unavyotumia muda wako wa siku.*

*Unaweza tueleza ni nini unafanya tangia uamke hadi siku iishe, mnyama wako umpendaye, au chochote kile ungependa kuzungumzia kuhusu siku yako halisi. Lengo kuu la kazi hii ni kupata kukujua vizuri.*

## **TIMER**

**Timer:** ⌚ Fill in green box **C23 TSST Instructions – start** when lead begins explaining the instructions to the TSST. ⌚

## **9b. TSST Preparation Period**

### **LEAD**

**[LEAD]:**

*{If Day 1 and Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}*

or

*{If Day 7 and Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*

This is the preparation portion of the task. You will get 5 minutes to prepare the description of your common day and things that you enjoy. After the preparation you will have 2 minutes to share your thoughts aloud. **Please note, what you share aloud will not be recorded, or evaluated.** Please make sure you speak audibly. However, you do not need to talk loud nor need your talking be understandable to anyone as no one will be judging your performance. You may speak in whichever language you are most comfortable speaking in. Two people will be sitting in the room while you do this, but neither will evaluate your performance, she and/or he will only give you instructions about what to do; these two people are only interested in having a conversation to learn more about you and how you spend your days. After this task there will be another short task, which will be explained to you in detail later. **Your performance in this task will not be evaluated either.**

These two tasks will take about 40 minutes to complete. If you have any questions, please let me know.

*Hii ni sehemu ya maandalizi ya shughuli. Utapewa dakika tano ya kuandaa maelezo ya siku yako ya kawaida na mambo ambayo unafurahi kufanya. Baada ya maandalizi, utakuwa na dakika 2 ya kuongea kuhusu mawazo yako kwa sauti. **Tafadhali kumbuka ya kwamba, unachotuambia hakirekodiwi wala kutathminiwa.** Tafadhali hakikisha unaongea kwa sauti. Hata hivyo, huna haja ya kuzungumza kwa sauti kubwa wala mazungumzo yako yaeleweke na mtu yeyote kwa maana hakuna mtu anayeangalia utendaji wako.*

*Unaweza zungumza kwa lugha yoyote unayopenda. Watathmini wawili watakuwa kwa chumba wakati unazungumza na hawatakutathmini katika utendaji wako, bali watawelekeza na kuwapa maagizo ya unavyofaa kufanya. Hao wawili watataka kujua mazungumzo yenyu na jinsi mnavyotumia muda wenyu wa siku. Baada ya shughuli hii, kutakuwa na shughuli nyingine fupi ambayo mtaelezwa kwa kina. **Utendaji wako katika shughuli hizi hazitatathminiwa pia.** Shughuli hizi mbili zitachukua takriban dakika arobaini. Ikiwa una maswali yoyote, tafadhali uliza.*

You now have 5 minutes to prepare to tell us WHAT YOU DO ON A TYPICAL DAY.

Remember, this is not about performance, and you'll neither be observed nor graded on what you share. You may take notes and use these notes during the talk. Please begin.

*Sasa una dakika tano za kujiandaa kutueleza **NI NINI UNAFANYA KWA SIKU YA KAWAIDA.** Kumbuka hii sio kuhusu vile utatenda kazi hii, wala hautachunguzwa wala kupewa alama kwa yale unatuambia. Unaweza kuandika na kutumia notes hizi wakati wa majadiliano. Tafadhali anza.*

*{If Day 1 and Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*

*or*

*{If Day 7 and Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}*

This is the preparation portion of the task. You will get 5 minutes to prepare the description of your common day and things that you enjoy. After the preparation you will have 2 minutes to share your thoughts aloud. **Please note, what you share aloud will not be recorded, or evaluated.** Please make sure you speak audibly. However, you do not need to talk loud nor need your talking be understandable to anyone as no one will be judging your performance. You may speak in whichever language you are most comfortable speaking in. Two people will be sitting in the room while you do this, but neither will evaluate your performance, she and/or he will only give you instructions about what to do; these two people are only interested in having a conversation to learn more about you and how you spend your days. After this task there will be another short task, which will be explained to you in detail later. **Your performance in this task will not be evaluated either.**

These two tasks will take about 40 minutes to complete. If you have any questions, please let me know.

*Hii ni sehemu ya maandalizi ya shughuli hii. Utakuwa na dakika 5 ya kuandaa maelezo ya siku yako ya kawaida na mambo ambayo unafurahia. Baada ya maandalizi, utakuwa na dakika 2 ya kutuambia kwa sauti kuhusu maoni yako. Tafadhali kumbuka, unachotuambia hakitarekodiwa, au kutathminiwa. Tafadhali hakikisha umeongea kwa sauti. Hata hivyo, huna haja ya kuzungumza kwa sauti kubwa wala mazungumzo yako kueleweka na mtu yeyote kwa sababu hakuna mtu atakayeangalia utenda kazi wako. Unaweza kuzungumza kwa lugha yoyote rahisi kwako. Watu wawili watakuwa wameketi katika chumba wakati huo, lakini hawata tathmini utendaji wako, watakukupa maagizo kuhusu nini cha kufanya., hawa watu wawili wana haja tu na kuwa na mazungumzo ya kukujua wewe na vile unavyotumia siku yako ya kawaida. Baada shuguli hii kutakuwa na shuguli nyingine fupi, ambayo mtaelezwa kwa kina baadaye. hatutathmini utendaji wako katika shuguli. Shuguli hizi mbili zitachukua muda wa dakika 40 kukamilisha. Kama una maswali lolote, tafadhali basi nijulishe.*

You now have 5 minutes to prepare to tell us WHAT AN IDEAL OR IMAGINARY DAY WOULD LOOK LIKE IF YOU COULD DO ANYTHING AND MONEY WAS NOT A CONSTRAINT. Remember, this is not about performance, and you'll neither be observed nor graded on what you share. You may take notes and use these notes during the talk. Please begin.

*Sasa una dakika 5 ya kujiandaa kutuambia vile siku yako nzuri ama ile siku unatamani ingekuwa vipi kama ungefanya kitu chochote na pesa si shida. Kumbuka, hii si kuhusu utendaji kazi wako, na hautanakiliwa au kupewa alama kuhusu utakayo tuambia. Unaweza kuandika na kutumia hati hizi wakati wa majadiliano. Tafadhali anza.*

## **TIMER**

*{Timer: Verify 5 minutes have elapsed and notify Lab Lead.}*

**Timer:** ⌚ Fill in green box **C24 Preparation Period – start** when the participants are instructed to begin preparing. ⌚

**Timer:** ⌚ Fill in green box **C25 Preparation Period - ends** when 5 minutes has elapsed and participants are told their preparation time is finished. ⌚

---

### **9c. TSST Verbal Task: Speech Phase**

#### **LEAD**

**[LEAD]:**

Thank you. Your preparation time is now up.

*Asante. Mda wako wa maandalizi umeisha.*

This is the portion of the task where we get to know you. You will be called randomly by the number assigned to you at the beginning of the experiment to give your 2-minute talk and to answer questions presented to you about yourself and your common day. Remember, you'll neither be evaluated nor rated on your thoughts. You do not need to talk very loud nor fully understandable as you are not being graded. You may also speak in whichever language you are most comfortable speaking in. You may use any notes that you have prepared. Do you have any questions?

*Hii ni sehemu ya shuguli ambapo tutapata kukujua wewe. Sasa utaitwa na nambari uliyopewa manzoni mwa utafiti ili kutoa maelezo kuhusu jinsi siku yako ya kawaida huwa kwa dakika mbili kisha kujibu maswali utakayo ulizwa kuhusu siku yako ya kawaida. Kumbuka, hautatathminiwa wala kupewa alama kwa maoni yako. Huna haja ya kuzungumza kwa sauti kubwa wala mazungumzo yako kueleweka na mtu yeyote kwa sababu hakuna mtu atakayeangalia utenda kazi wako. Unaweza kutumia notes ulizo tayarisha. Una maswali yoyote?*

If there are no [more] questions, I will leave the room and invite the others in. Please follow all of their directions carefully.

*Kama hakuna maswali [zaidi], nitaondoka chumbani na kuwaalika wengine. Tafadhali fuata maelezo yote utakaopewa kwa makini.*

*{Lead: Exit and wait outside of the room for the duration of the TSST Speech (approximately 40 minutes)}*

---

## **EVALUATOR**

*{When LEAD leaves the room, **EVALUATORS** enter the room}*

*{**ACTIVE EVALUATOR** will speak from this point forward. All communication is in whatever language respondents are most comfortable with}*

*{**PASSIVE EVALUATOR** will keep track of stopwatch time in addition to Timer}*

*{**BOTH EVALUATORS, REMEMBER TO SMILE, NOD, AND PROVIDE FRIENDLY NONVERBAL FEEDBACK AS PARTICIPANTS SPEAK}**}*

*(Active Evaluator: Begin using Survey CTO)*

**[ACTIVE]:**

Good day. We are interested in getting to know you. We will first ask each person to share these thoughts with us for 2-minutes. We will notify you when the 2 minutes is up. Following your talks, we will ask individualized questions. Our questions are meant only to better get to know you. If a question is difficult for you, please feel free to talk about whatever you would like that would help us get to know you better. Remember, we are not evaluating you in any way during this task, and you may speak in either English or Swahili, whichever is more comfortable for you.

*Habari nyote. Tuna nia ya kutaka kuwajua. Kwanza tutauliza kila mmoja wenu atupe maoni yao kwa dakika mbili. Tutakujulisha dakika mbili zitakapo kamilika. Kufuatia mazungumzo yenu, tutauliza maswali ya kibinafsi. Maswali yetu ni ya kutaka kukujua vizuri. Ikiwa swali ni gumu kwako, kuwa huru kuzungumzia kitu chochote unachotaka ili itusaidie kukujua. Kumbuka hatukutathmini kwa vyovyote vile kwa hii shughuli, na unaweza kuzungumza kwa lugha unayopendelea kwa Kiswahili au Kingereza.*

*{**PASSIVE:** Start stopwatch. Reset stopwatch. Then repeat for each participant. In total, the 10 minutes (2 min x 5 participant) should not be exceeded!}*

*{**ACTIVE:** If the participant stops talking before 2 minutes are up, advise them that they still have some time; you can ask specific questions about what they are sharing too}*

**[ACTIVE]:**

*{If Day 1 and Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}*

*or*

*{If Day 7 and Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*



You still have some time. Please feel free to use this time to continue telling us about yourself and HOW YOU SPEND A TYPICAL DAY.

*Bado una mda. Tafadhali kuwa huru kuendelea kutujuza kuhusu unavyotumia muda wako wa siku ya kawaida.*

*{If Day 1 and Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*

*or*

*{If Day 7 and Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}*

You still have some time. Please feel free to use this time to continue telling us about yourself and HOW YOU WOULD SPEND YOUR IDEAL / IMAGINARY DAY.

*Bado una mda. Tafadhali kuwa huru kuendelea kutujuza kuhusu ungetumia muda wako wa siku nzuri/siku unayo tamani.*

*{Once 2 minutes are over, the participant will be POLITELY interrupted.}*



**[ACTIVE]:**

Many thanks for sharing with me this information  
*Asanteni sana kwa kunieleza habari hiyo.*

---

### **TIMER**

**Timer:**  Fill in green box **C26 Speech Task – start** when the first participant begins delivering their speech. 

**Timer:**  Fill in green box **C27 Speech Task – end** when the last participant finishes delivering their speech. 

---

### **9d. TSST Verbal Task: Questions Phase**

#### **EVALUATOR**

*{ACTIVE: Continue using SurveyCTO for the generation of questions.}*

*{PASSIVE EVALUATOR: keep track of stopwatch time. Notify Active Eval when 1 minute is up per question and rest stopwatch.}*

*{ACTIVE: If the participant stops talking before 1 min. is up, ask follow up questions – make sure they are comfortable}*

*{Once the 1 min. is up per question, the participant will be POLITELY interrupted and the next question will be generated and delivered}*

**[ACTIVE]:**

You will now be called randomly by the number assigned to you at the beginning of the experiment to answer questions that are presented to you. These questions are meant only to better get to know you. If a question is difficult for you, please feel free to talk about whatever you would like that would help us get to know you better. Remember, we are not evaluating you in any way during this task.

*Sasa mtaitwa na bila mpangilio kwa nambari uliyopewa mwanzoni mwa utafiti ili kujibu maswali utakayoulizwa. Maswali haya yana madhudhumuni ya kukujua kwa undani. Kama swali ni gumu kwako, tafadhali jisikie huru kuongea kuhusu kitu chochote kitakacho tusaidia kukujua kwa undani. Kumbuka, hatutakutathmini kwa njia yoyote wakati wa utafiti.*

---

**TIMER**

**Timer:** ⌚ Fill in green box **C28 Questions Phase – start** when the Active Evaluator asks the first participant a question. ⌚

**Timer:** ⌚ Fill in green box **C29 Questions Phase – end** when the last person asked a question finishes their answer. ⌚

---

**EVALUATOR**

**[ACTIVE]:**

Thank you. For your participation in this task, each of you will receive a ticket. On the back of the ticket please write your name and today's date. We will then collect them.

*Asante. Kwa kushiriki katika shuguli hii, kila mmoja wenu atapata tiketi. Nyuma ya tiketi, tafadhali andika jina lako na tarehe ya leo. Kiisha tutazikusanya.*

*{Passive Evaluator: Please give each participant one ticket from the booklet}*

*{Passive Evaluator: When they are done writing the information collect the tickets by having them place the ticket into the appropriate labeled bag}*

---

## 9d. TSST Math Task

### **TIMER**

**Timer:** ⌚ Fill in green box **C30 Math Task – start** when the first participant is given their start number and begins. ⌚

**Timer:** ⌚ Fill in green box **C31 Math Task – end** when the Active Evaluator tells the last participant that their time is up. ⌚

---

### **EVALUATOR**

*{Active: Begin using SurveyCTO to present each participant with his/her start number}*

*{Passive: Start the stopwatch when participant is given their start number. Notify Active Eval when 2 minutes passes. Reset stopwatch. Repeat for each participant}*

### **[ACTIVE]**

We will now explain the second exercise to you. It is an arithmetic task. You will be asked to count forwards from a particular number in steps of 5. For example, when you start at 0, you should add 5 to get 5. Then you should add 5 to 5 to get 10, and so on, (5, 10, 15, 20, etc.) Please speak at the same volume as during the previous task. Again, this exercise is not about your performance, this means you will not be rated.

*Tutawaelezea shuguli ya pili. Ni shuguli ya kuhesabu. Utaulizwa kuhesabu ukiongeza tano kutoka kwa nambari uliyopewa. Kwa mfano, ukianza na 0, ongeza 5 upate 5, kisha ongeza 5 upate 10, nakuendelea, (5, 10, 15, 20, nakadhalika) Tafadhali ongea kwa sauti na haraka jinsi mulivyo fanya hapo awali. kumbuka, shuguli hii haiangalii utenda kazi wako, hii inamaanisha kuwa hutatathminiwa.*

You can do this in whatever language you are most comfortable with since we are not interested in your performance. Each person will do this for 2 minutes.

*Unaweza fanya hivi kwa lugha yoyote ambayo unapenda kwa kuwa hatutakutathmini. Kila mtu atafanya hivi kwa dakika mbili.*

*{During this time, LOOK UP OCCASIONALLY TO SMILE and DO NOT observe the participants the full 2 minutes. When 2 minutes have elapsed, ACTIVE panel member should thank the participant and ask the next person to begin counting}*

**{Do not stop participants who make a mistake}**

*{PASSIVE: When 2 minutes is up, stop the stopwatch. Then reset and repeat for each participant. In total, the 10 minutes (2 min x 5 participant) should not be exceeded!}*

**[ACTIVE]:**

**Many thanks, two minutes is up.**

*Asante sana. Dakika mbili zimeisha*

*{Active: Continue SurveyCTO until all participants complete the task}*

**[ACTIVE]:**

Thank you for participating in this math task. For your participation in this task, each of you will receive another ticket. As before, on the back of the ticket please write your name and today's date. We will then collect them.

*Asanteni kwa kushiriki kwa shuguli hii. Kwa kushiriki kwa shuguli hii, kila mmoja wenu atapewa tiketi. Kama awali, nyuma ya ticket tafadhali andika majina yenu na tarehe ya leo. Kisha tutazikusanya.*

*{Passive Evaluator: Please give each participant one ticket from the booklet}*

*{Passive Evaluator: When they are done writing the information, collect the tickets by having them place the ticket into the appropriate labeled bag}*

**[ACTIVE]:**

We will now leave the room. Please wait for further instructions from the Lab Lead.

*Sasa tutatoka nje. Tafadhali ngoja maelezo zaidi kutoka kwa lab lead*

---

**LEAD**

*{Lead: Return to the room at the conclusion of MATH TASK, as the evaluators leave}*

**[LEAD]:**

Thank you for participating in that task. We will now return back to the computer room where you will be asked to complete a series of games and questionnaires. Please have a seat at the same station you were at earlier (the computer number that matches the number you were given at the beginning of the study).

*Asante kwa kushiriki katika shughuli hiyo. Tutarudi tena kwenye chumba cha kompyuta ambapo utaulizwa ukamilishe mfululizo wa michezo na maswali. Tafadhali keti kwenye kiti ulichopewa hapo awali (nambari ya kompyuta ambayo inalingana na nambari uliyopewa mwanzoni mwa utafiti).*

*{Lead: Lead the participants into the computer room and VERIFY they are seated in the correct cubicle}*

---

\*\*\*\*\* **COMPUTER ROOM** \*\*\*\*\*

## **10. SALIVETTE 2: ORANGE**

*{Participants should rinse their mouths prior to collecting saliva}*

**LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. *{Pause to sip water}*  
Now, please take the **orange** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni. Tena, kamua mdomo kwa kukunywa maji kidogo.*

*Sasa, chukua salivette ya ORANGE na uinue juu kwa mkono wako.*

*{Salivettes should be ORANGE; Confirm the salivette color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

[LEAD]:

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba.Kumbuka usitafune kwa nguvu sana,na usiimeze.*

*{Timer: Set stopwatch for one minute}*

[LEAD]:

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Ahsante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

## **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 2:orange** when participants begin chewing on the cotton swab in cells D34 and C34 respectively. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

## **11. STRESS\_VAS\_2**

**Treatment ID: 10**

### **LEAD**

[LEAD]:

Now, I ask that you fill out a question on the computer before you.

*Sasa nitakuuliza ujaze maswali yaliyo kwenye kompyuta yako*

*{Lead: Start 10\_StressVAS\_2 zTree treatment. Walk around to confirm that Stress\_VAS\_2 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

1. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

### **TIMER**

**Timer:** ⌚ Fill in green box **C35 Stress VAS 2** when *10\_StressVAS\_2* started on zTree. ⌚

---

## **12. TASK Series 1– Please see Measures Protocol**

### **LEAD**

**[LEAD]:**

Later on in the session, you will have to repeat the task where you count forward from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba, baadaye katika kikao hiki, utarudia shughuli ya kuhesabu mbele kutoka number fulani, wakati huu utafanya shughuli hii kwa mda mrefu zaidi. tafadhali zingatia haya unapo kamilisha shughuli zifuatazo.*

*{Lead: Complete either 1 or 2 tasks such that salivette 3 is taken as close to 25 min. after TSST as possible.}*

---

### **TIMER**

**Timer:** ⌚ If there is **ONE** task, fill in green box **E36** with the name of the task. Fill in green box **C36 Task Series 1 - begins** when first task begins. Fill in green box **C38 Task Series 1 - ends** when first task ends. ⌚

**Timer:** ⌚ If there are **TWO** tasks, fill in green box **E36** with the name of the **first task** and green box **E37** with the name of the **second task**. Fill in green box **C36 Task Series 1 - begins** when first task begins. Fill in green box **C37 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C38 Task Series 1 - ends** when second task ends. ⌚

---

*{Begin instructions for Salivette 3 AFTER task series 1 completed.}*

## **13. SALIVETTE 3: BLUE**

*{Participant should rinse their mouths prior to collecting saliva}*

**LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **BLUE** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni. Tena, kamua mdomo kwa kukunywa maji kidogo. (Pause to sip water)  
Sasa, chukua salivette ya BLUE na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be BLUE. Confirm color by having respondents hold up Salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Sasa unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze.*

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Ahsante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

---

**TIMER**



**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 3: blue** when participants begin chewing on the cotton swab in cells **D39 and C39 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## 14. STRESS\_VAS\_3

**Treatment ID: 11**

*{Lead: Start 11\_StressVAS\_3 zTree treatment. Walk around to confirm that StressVAS\_3 has loaded on each participant's screen – instruct participants to begin}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

2. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

## **TIMER**

**Timer:** 🕒 Fill in green box **C40 Stress VAS 3** when *11\_StressVAS\_3* starts on zTree.

---

## 15. TASK Series 2– Please see Measures Protocol

### **LEAD**

**[LEAD]:**

Remember that later on in the session, you will have to repeat the task where you count forward from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba, baadaye katika kikao hiki, utarudia shughuli ya kuhesabu mbele kutoka number fulani, wakati huu utafanya shughuli hii kwa mda mrefu zaidi. tafadhali zingatia haya unapo kamilisha shughuli zifuatazo.*

*{Lead: Complete either 1 or 2 tasks such that salivette 4 is taken as close to 50 min. after TSST as possible.}*

---

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box **E41** with the name of the task. Fill in green box **C41 Task Series 2 - begins** when first task begins. Fill in green box **C43 Task Series 2 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E41** with the name of the **first task** and green box **E42** with the name of the **second task**. Fill in green box **C41 Task Series 2 - begins** when first task begins. Fill in green box **C42 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C43 Task Series 2 - ends** when second task ends. 🕒

---

*{Begin instructions for Salivette 4 AFTER task series 2 completed.}*

### **16. SALIVETTE 4: GREEN**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **GREEN** salivette and hold it up in your hand.  
*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni. Tena, kamua mdomo kwa kukunywa maji kidogo. (Pause to sip water)*  
*Sasa, chukua salivette ya GREEN na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be **GREEN**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.  
*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Sasa unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze.*

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

---

## **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 4: green** when participants begin chewing on the cotton swab in cells **D44** and **C44** respectively. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **17. STRESS\_VAS\_4**

**Treatment ID: 12**

*{Lead: Start 12\_StressVAS\_4 zTree treatment. Walk around to confirm that StressVAS\_4 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

2. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

## **TIMER**

**Timer:** 🕒 Fill in green box **C45 Stress VAS 4** when *I2\_StressVAS\_4* starts on zTree.

---

## 18. Task Series 3 – Please see Measures Protocol

### LEAD

[LEAD]:

Remember that later on in the session, you will have to repeat the task where you count forward from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba, baadaye katika kikao hiki, utarudia shughuli ya kuhesabu mbele kutoka number fulani, wakati huu utafanya shughuli hii kwa mda mrefu zaidi. tafadhali zingatia haya unapo kamilisha shughuli zifuatazo*

*{Lead: Complete either 1 or 2 tasks such that salivette 5 is taken as close to 75 min. after TSST as possible.}*

---

### TIMER

**Timer:** 🕒 If there is **ONE** task, fill in green box **E46** with the name of the task. Fill in green box **C46 Task Series 3 - begins** when first task begins. Fill in green box **C48 Task Series 3 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E46** with the name of the **first task** and green box **E47** with the name of the **second task**. Fill in green box **C46 Task Series 3 - begins** when first task begins. Fill in green box **C47 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C48 Task Series 3 - ends** when second task ends. 🕒

*{Begin instructions for Salivette 5 AFTER task series 3 completed.}*

## 19. SALIVETTE 5: YELLOW

*{Participant should rinse their mouths prior to collecting saliva}*

### LEAD

[LEAD]:

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **YELLOW** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni.  
Tena,kamua mdomo kwa kukunywa maji kidogo  
Sasa, chukua salivette ya YELLOW na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be **YELLOW**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari,utatafuna pamba kwa dakika moja,kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze*

*{Lead: Set stopwatch for **1 minute**; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana. Sasa unaweza kutoa pamba tena.Tafadhali irudishe kwa chupa.Ifunike,na uiweke tena kwa meza*

---

## **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 5: yellow** when participants begin chewing on the cotton swab in **cells D49 and C49 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **20. STRESS\_VAS\_5**

## Treatment ID: 13

*{Lead: Start 13\_StressVAS\_5 zTree treatment. Walk around to confirm that StressVAS\_5 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

2. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

### **TIMER**

**Timer:** ⌚ Fill in green box **C50 Stress VAS 5** when *13\_StressVAS\_5* starts on zTree.

---

## **21. Task Series 4– Please see Measures Protocol**

### **LEAD**

**[LEAD]:**

Remember that later on in the session, you will have to repeat the task where you count forward from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba, baadaye katika kikao hiki, utarudia shughuli ya kuhesabu mbele kutoka number fulani, wakati huu utafanya shughuli hii kwa mda mrefu zaidi. tafadhali zingatia haya unapo kamilisha shughuli zifuatazo*

*{Lead: Complete either 1 or 2 tasks such that salivette 6 is taken as close to 100 min. after TSST as possible.}*

---

### **TIMER**

**Timer:** ⌚ If there is **ONE** task, fill in green box **E51** with the name of the task. Fill in green box **C51 Task Series 4 - begins** when first task begins. Fill in green box **C53 Task Series 4 - ends** when first task ends. ⌚

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E51** with the name of the **first task** and green box **E52** with the name of the **second task**. Fill in green box **C51 Task Series 4 - begins** when first task begins. Fill in green box **C52 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C53 Task Series 4 - ends** when second task ends. 🕒

---

*{Begin instructions for Salivette 6 AFTER task series 4 completed.}*

## 22. SALIVETTE 6: RED

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **RED** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, tutarudia hatua sawa na hapo mbeleni, Tena, kamua mdomo kwa kukunywa maji kidogo. (Pause to sip water)  
Sasa, chukua salivette ya RED na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be RED; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu mingi, na usiimeze*

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

[LEAD]:

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana. Sasa unaweza toa pamba tena. Tafadhali irudishe kwa chupa, funika, rudisha tena kwa meza.*

---

### **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 6: red** when participants begin chewing on the cotton swab in **cells D54 and C54 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

### **23. STRESS\_VAS\_6**

**Treatment ID: 14**

*{Lead: Start 14\_StressVAS\_6 zTree treatment. Walk around to confirm that StressVAS\_6 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

2. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

### **TIMER**

**Timer:** 🕒 Fill in green box **C55 Stress VAS 6** when *14\_StressVAS\_6* starts on zTree.

---

### **24. Task Series 5– Please see Measures Protocol**

#### **LEAD**

[LEAD]:



Remember that later on in the session, you will have to repeat the task where you count forward from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba, baadaye katika kikao hiki, utarudia shughuli ya kuhesabu mbele kutoka number fulani, wakati huu utafanya shughuli hii kwa mda mrefu zaidi. tafadhali zingatia haya unapo kamilisha shughuli zifuatazo*

*{Lead: Complete either 1 or 2 tasks such that salivette 7 is taken as close to 125 min. after TSST and after all questionnaires/tasks are completed as possible.}*

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box **E56** with the name of the task. Fill in green box **C56 Task Series 5 - begins** when first task begins. Fill in green box **C58 Task Series 5 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E56** with the name of the **first task** and green box **E57** with the name of the **second task**. Fill in green box **C56 Task Series 5 - begins** when first task begins. Fill in green box **C57 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C58 Task Series 5 - ends** when second task ends. 🕒

*{Begin instructions for Salivette 7 AFTER task series 5 completed.}*

## **25. SALIVETTE 7: BLACK**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **BLACK** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni, Tena, kamua mdomo kwa kukunywa maji kidogo  
Sasa, chukua salivette ya BLACK na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be **BLACK**; Confirm color by having respondents hold up the salivette}*

[LEAD]:

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

[LEAD]:

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu mingi, na usiimeze*

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

[LEAD]:

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana. Sasa unaweza toa pamba tena. Tafadhali irudishe kwa chupa funika, rudisha tena kwa meza.*

---

## **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 7: black** when participants begin chewing on the cotton swab in **cells D59 and C59 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **26. STRESS\_VAS\_7**

**Treatment ID: 15**

*{Lead: Start 15\_StressVAS\_7 zTree treatment. Walk around to confirm that StressVAS\_7 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

2. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*

## **TIMER**

**Timer:**  Fill in green box **C60 Stress VAS 7** when *15\_StressVAS\_7* started on zTree

## **27. GENERAL QUESTIONNAIRE**

**Treatment ID: 16**

*{Lead: Start 16\_GeneralQuestionnaire zTree treatment. Walk around to confirm that GeneralQuestionnaire has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

**[LEAD]:**

I will read to you the instructions for this questionnaire. You may follow along on the screen in front of you.

*Nitakusomea maagizo ya hii questionnaire Pia unaweza kujisomea jinsi ilivyoandikwa kwenye skrini yako.*

*{Read the following script which is also on the computer screen}*

The purpose of the following questions is to learn a little bit more about you and your current situation. For each question, please answer as accurately as possible. Press the "OK" button after you have made your choice for each question.

*Tunakuuliza hayo maswali ili tuweze kukuelewa zaidi na pia kuelewa hali yako ya sasa. Kwa kila swali tafadhali peana jibu la kweli iwezekanavyo. Bonyeza "OK" baada ya kufanya maamuzi kwa kila swali.*

Press the Continue button now to begin.

*Bonyeza continue button sasa, tuanze*

29. Please indicate your gender.  
*Tafadhali onyesha jinsia yako.*

30. How old are you (in years)? (range restricted to 18-50 years)  
*Uko na miaka mingapi?*
31. How tall are you (in feet and inches)? For example, if you are 5 feet 3 inches, please enter 53. (range restricted to 40-65 feet and inches)  
*Wewe ni mrefu kiasi gani? (in feet and inches) kwa mfano, kama una urefu wa 5 feet 3 inches, tafadhali bonyeza 53.*
32. How much do you weigh (kg)? (range restricted to 35-87 kg)  
*Unauzito kiasi gani? (Kg)*
33. What is your marital status? (single, living with partner, married)  
*Hali yako ya ndoa ni ipi?*
34. How many siblings do you have? (range restricted to 0-20 siblings)  
*Uko na ndugu wangapi?*
35. How much money do you earn per month (in KSH)? (range restricted 0-200000 KSH)  
*Unapata pesa ngapi kwa mwezi (KSH)?*
36. How much spending money do you normally have per month, AFTER rent, taxes, bills, etc. (in KSH)? (range restricted 0-200000 KSH)  
*Unazo pesa ngapi za kutumia kwa kawaida kila mwezi, baada ya kulipa nyumba?*
37. How much money do you typically spend in a week (in KSH)? (range restricted 0-50000 KSH)  
*Je, wewe hutumia pesa ngapi kwa jumla kwa kawaida kila wiki?*
38. How much money did you spend on the Monday of this week (in KSH)? (range restricted 0-20000 KSH)  
*Ulitumia kiasi gani cha pesa Jumatatu ya wiki hii?*
39. How many people depend entirely on your income? If none, enter zero. (range restricted to 0-20 dependents)  
*Ni watu wangapi wanategemea mapato yako kikamilifu? Ikiwa hakuna, weka sufuri.*
40. Are you ENTIRELY supported by someone else financially, without earning own money?  
*Je, unasaidiwa kifedha kikamilifu na mtu mwingine, bila ya kuwa na mapato yako kibinafsi?*
41. Do you do any work for which you are paid money?  
*Je unafanya kazi yoyote ambayo unalipwa?*
42. Do you do this work regularly (i.e. every week)?  
*Je wewe hufanya kazi hii kila wiki?*
43. Are you employed or self-employed?  
*Je umeajiriwa au umejiajiri?*
44. How often are you paid?  
*Je wewe hulipwa baada ya?*
45. Are you currently in debt?

*Je, sasa unadeni?*

46. Did you smoke today?

*Umevuta sigara leo?*

47. Did you drink alcohol, tea, or coffee today?

*Umekunywa pombe, chai au kahawa leo?*

48. Did you eat or drink (anything besides water) in the 2 hours before you arrived today?

*Je umekula au kula (kitu kingine isipokuwa maji) saa mbili kabla kufika hapa?*

49. Did you perform intense exercise (for example: cycling, weightlifting, or engaging in sexual activity) in the 2 hours before you arrived today?

*Je, ulifanya zoezi ngumu (kwa mfano: kuendesha baiskeli, kunyanyua uzani au ngono) saa mbili kabla kufika hapa?*

50. At what time did you wake up today? (4:00 4:30.... 10:30am)

*Leo umeamka saa ngapi?*

51. At what time did you go to bed yesterday? (9pm...3:30am)

*Ulienda kulala saa ngapi jana(9pm...3:30am)*

52. What is the highest level of education you have completed?

*Umefikisha kiwango kipi cha juu cha mosomo?*

53. Do you trust that your study earnings will be paid to you on the chosen dates?

*Je unaamini kwamba malipo yako ya utafiti yatalipwa kwa tarehe ziizochaguliwa?*

54. Now I want you to think about today. Do you think that you have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?

*Sasa nataka ufikiri juu ya ambayo ni leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?*

55. Now I want you to think about two weeks from today. Do you think that you will have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?

*Sasa nataka ufikiri juu ya ambayo ni wiki mbili kuanzia leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?*

56. Now I want you to think about four weeks from today. Do you think that you will have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?

*Sasa nataka ufikiri juu ya ambayo ni wiki nne kuanzia leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?*

## **TIMER**

**Timer:** ⌚ Fill in green box **C61 General Questionnaire - start** when *16\_GeneralQuestionnaire* started on zTree. ⌚

**Timer:** ⌚ Fill in green box **C62 General Questionnaire - end** when *16\_GeneralQuestionnaire* ends on zTree. ⌚

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## **28. GUESSING MODULE**

**Treatment ID: 17**

*{Lead: Start 17\_GuessingModule\_control on tablets. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

### **LEAD**

**[LEAD]:**

We are now going to ask you some questions about how you think you performed today.

*Sasa tuta Kuuliza maswali kuhusu jinsi unavyofikiri ulifanya utenda kazi wako leo.*

1. In which place would you rank your performance on the speech and interview tasks compared to the other members of your group, even though you were not evaluated? (select one)

*Ni mahali gani utaweka utenda kazi wako kwa shuguli ya hesabu ikilinganishwa na washiriki wengine wa kikundi ingawa haukutathminiwa?*

1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>      4<sup>th</sup>      5<sup>th</sup>

2. In which place would you rank your performance on the math task compared to the other members of your group, even though you were not evaluated?

*Ni mahali gani utaweka utenda kazi wako kwa shuguli ya kujieleza na mahojiano ikilinganishwa na washiriki wengine wa kikundi? (Chagua moja)*

1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>      4<sup>th</sup>      5<sup>th</sup>

3. How confident are you in your ratings of your performance today relative to your peers? (please use the entire line to indicate how confident you are)

*Una ujasiri kiasi gani leo katika kuweka utenda kazi wako ikilinganishwa na wenzako?*

- 1- Not at all Confident
- 2- Slightly Confident
- 3- Moderately Confident

4- Very Confident  
5- Extremely Confident

### **TIMER**

**Timer:**  Fill in green box **C63 Guessing Module - start** when *17\_GuessingModule* started on zTree. 

**Timer:**  Fill in green box **C64 Guessing Module - end** when *17\_GuessingModule* ends on zTree. 

## **29. FINAL PAYMENT SCREEN**

**Treatment ID: 18**

*{Open 18\_Payment\_Day1.ztt OR 18\_Payment\_Day7.ztt, depending on which day it is. If it is Day 1, most screens should be blank. If it is Day 7, all participants should see something on their screens.}*

### **LEAD**

**[LEAD]:**

You have completed all of the questionnaires and tasks required in today's session. Many thanks for your participation! **You will only be paid for one of these tasks completed on either day 1 or day 7.** First, please enter your seat number into the computer. It is important that you enter your seat correctly to receive payment at the end of the week.

*Umekamilisha maswali na shughuli za utafiti wa leo. Utalipwa na moja wapo ya shughuli hizi ulizokamilisha siku ya kwanza au ya saba*

*Kwanza tafadhali weka nambari ya mahali umeketi kwa komputa. Ni muhimu uweke nambari visahihi ndio upokee malipo mwisho wa wiki.*

In a moment, the computer will randomly select whether you will be paid today and the task for which you will be paid. Remember, the computer will randomly choose from the telephone task, jars task, arrows task, slider matching, or the financial decisions task to be paid based on your performance in that game.

*Kwa muda, komputa itachagua bila mpangilio wowote kama utalipwa leo na ni shughuli gani utalipwa nayo. Kumbuka komputa itachagua bila mpangilio wowote kama shughuli ya telephone, jars, arrows, slider au shughuli ya maamuzi ya kifedha italipwa kulingana na utendakazi wako kwa hio shugulii.*

***{If Day 1, use the following script}***

Today we thank you for your participation with 650 KSH and an additional KSH 50 if you showed up on time. Today, we will only show you your earnings if a choice in the financial decisions task with payment today was chosen for payment OR if your choice in the telephone task requires you to call today. If you see it on the screen, please make a note of the task that was chosen for payment and the amount that you will be paid.

Otherwise you will find out which task was chosen for payment and the amount you will be paid on Day 7.

Also remember, in addition to the payment you will receive from the computer games, you also have the opportunity to win the bonus from the verbal and arithmetic tasks if you show up and participate in the tasks on each day.

*Leo Tunakushukuru kwa kushiriki kwa kulipwa 650 na shilingi 50 zaidi iwapo ulifika kwa wakati uliofaa. Leo tutakuonyesha malipo ikiwa chaguo lako kwa michezo ya kifedha limechaguliwa ama kama chaguo lako kwa mchezo wa kupiga simu inakuhitaji kupiga leo. Ukiiona kwa screen, tafadhali hakikisha umejua ni shughuli gani imechaguliwa kwa malipo na kiwango utakacholipwa.*

*Hata hivyo utajua ni shughuli itachaguliwa kwa malipo na kiwango utakacholipwa siku ya saba.*

*Kumbuka pia, pamoja na malipo utakayolipwa kutoka kwa games za kompyuta, uko na nafasi ya kushinda bonus kutoka kwa ile shuguli ya kuongea na mchezo wa hesabu iwapo utakuja na ushiriki kwa hizi shuguli kila siku.*

***{If Day 7, use the following script}***

When you see it on the screen, please make a note of the task that was chosen for payment and the amount that you will be paid.

*Utakapoona malipo yako kwa skrin zingatia ni kazi gani imechaguliwa kufanya malipo na kiasi cha pesa utakayolipwa.*

Your final payment that was displayed shows you the total amount of money that you earned today and includes the show up fee, transport fee, and payment for one of the tasks that was randomly selected. This money will be transferred by MPesa to the phone number you gave us when you registered.

*Malipo yako ya mwisho uliyo yaona kwa skrini yanaonyesha mapato yako uliyo yapata siku ya leo na ni pamoja na pesa ya kushiriki, nauli na malipo ya mojawapo ya kazi ambayo imechaguliwa bila mpangilio wowote. Pesa hii itatumwa kwa njia ya Mpesa kwa nambari amabayo ulitupatia wakati ulikuwa unajiandikisha.*

- If the financial decisions task was randomly chosen for payment, you will receive an



earlier and later payment based on one of the decisions you made during the experiment.

*Ikiwa kazi ya uamuzi wa kipesa ndio imechaguliwa kwa malipo, utapokea malipo ya karibuni na ya baadaye kulingana na mojawapo ya maamuzi uliyofanya wakati wa utafiti.*

- If the slider matching task was randomly chosen for payment, you will receive 10 KSH for each correct match in Round 1, a bonus of 50 KSH if you correctly guessed the number correct, and 20 KSH for each correct match in Round 2 if you met your goal.

*Ikiwa kazi ya kulinganisha slider ndio imechaguliwa kuwa ya malipo, utapokea shilingi 10 kwa kila moja ambayo ni sahihi kwa raundi ya 1, bonus ya shilingi 50 ikiwa ulibahatisha na ukapata sahihi, utapokea shilingi 20 kwa kila moja ambayo umepata sahihi kwa raundi ya 2 ikiwa umefikia lengo lako.*

- If the arrows task was randomly chosen for payment, you will receive 25 KSH for each arrow that you chose correctly and lose 30 KSH for every 10 seconds you spent answering.

*Ikiwa kazi ya arrows imechaguliwa kuwa ya malipo, utapokea shilingi 25 kwa kila arrow ambayo umechagua sahihi na kupoteza shilingi 30 kwa kila sekunde 10 utatumia kujibu.*

- If the telephone task was randomly chosen for payment, you will receive 500 KSH one month from today if you call Busara on the date selected from one of your choices in the game. Please see the lab assistant before leaving if the telephone task was chosen for payment, so that we can remind you of the dates you will have to call Busara.

*Ikiwa kazi ya simu imechaguliwa kuwa ya malipo, utapokea shilingi 500 mwezi moja kutoka leo kama utawasiliana na Busara kwa tarehe iliyochaguliwa kuotokana na kazi hiyo. Tafadhali ongelesha mmoja wetu ikiwa malipo itaamuliwa na huu mchezo wa simu ili kuelezewa tarehe ya kuwasiliana na busara.*

- If the jars task was randomly chosen for payment, you will be paid based on one of the decisions between Jar A and Jar B that you made during the experiment.

*Ikiwa kazi ya mkebe ndio imechaguliwa kwa malipo, utalipwa kulingana na maamuzi uliyofanya wakati wa utafiti kati ya mkebe A au B*

The computer randomly decided which task you will receive payment for in addition to your show up fee. If you have any questions about this, please ask the lab staff before leaving.

*Kompyuta imechagua bila mpangilio yeyote ile kazi utalipwa nayo na pia mtaweza kupata malipo zaidi ya kukubali kushiriki. Ukiwa na swali yeyote tafadhali uliza mmoja wetu kabla kutoka.*

**Timer:** ⌚ Fill in green box **C65 Final Payment Screen – start** when *FinalPaymentScreen* begins on zTree. ⌚

---

### 30. TSST Mental Arithmetic Task: round 2

*{EVALUATORS: should be waiting in the interview rooms when Lead brings participants in for Math Task round 2 – be ready with SurveyCTO}*

#### **LEAD**

**[LEAD]:**

Now, please follow me as we return to the other rooms for one final task. Please sit in the chair labeled with your seat number given to you at the beginning of the study.

*Sasa, tafadhali mnifuata tukirudi kwenye vile vyumba vingine kwa ajili ya shuguli moja ya mwisho. Tafadhali keti kwenye kiti kilicho na nambari yako uliyopewa mwanzoni mwa utafiti.*

*{Lead: Bring participants into their designated interview rooms}  
(Interview Room #1 = cubicleID 1-5; Interview Room #2 = cubicleID 6-10)*

#### **ACTIVE**

**[ACTIVE]:**

You will now repeat the same procedure you have done earlier.

*Sasa utarudia utaratibu uliofanya hapo awali.*

We will provide you with a four-digit start number. You should count forward from that particular number in steps of 5, this time for longer. Please speak at the same volume as during the pervious tasks. Again, this exercise is not about your performance, this means you will not be rated.

*Tutakusomea nambari ya kuanza. Unafaa kuhesabu mbele kutoka kwa hiyo nambari kwa hatua ya 5 na wakati huu kwa muda mrefu zaidi. Tafadhali zungumza kwa sauti jinsi ulivyofanya kwa shuguli ya hapo awali. Kwa mara nyingine, zoezi hili si kuhusu utenda azi wako, hii ina maana huwezi pewa alama.*

You can do this in whatever language you are most comfortable with since we are not interested in your performance.

*Unaweza kufanya hivyo kwa lugha yoyote unayojua vizuri kwa vile hatutaki kujua utenda kazi*

*wako.*

Let's begin.

---

### **TIMER**

**Timer:** ⌚ Fill in green box **C67 Math Task (round 2) – start** when the first participant is given their start number and begins. ⌚

**Timer:** ⌚ Fill in green box **C68 Math Task (round 2) – end** when the Active Evaluator tells the last participant that their time is up. ⌚

---

### **EVALUATOR**

*{Active: Begin using SurveyCTO to present each participant with his/her start number}*

*{Passive: Start the stopwatch when participant is given their start number. Notify Active Eval when 4 minutes passes. Reset stopwatch. Repeat for each participant}*

**{Do not stop participants who make a mistake}**

**[ACTIVE]:**

**Many thanks, your four minutes is up.**

*Asante sana. Dakika nne zimeisha.*

*{Active: Continue SurveyCTO until all participants complete the task}*

**[ACTIVE]:**

Thank you for participating in this task. We will now leave the room. Please wait for instructions from the Lab Lead.

*Asanteni kwa kushiriki kwa shuguli hii. Tutatoka nje . tafadhali subiri maelezo kutoka kwa lab lead.*

---

## **31. REMOVAL OF HR DEVICES**

## **LEAD**

**[LEAD]:**

Thank you for that. Now, I will save the information that the equipment has been collecting. Please do not remove the straps until I tell you individually that it is ok to remove them.

If you need help removing the strap, please ask and I will assist. If you prefer to leave the room to remove the strap in private, please do so and then return to the room with the device.

Please remain seated and I will attend to each of you individually.

*Asante kwa hilo. Sasa, nitaweka habari amabayo kifaa kimekuwa kikikusanya. Tafadhali usiondoe kamba mpaka nitakapokwambia kwamba ni sawa kuondoa.*

*Kama unahitaji msaada wa kuondoa kamba, tafadhali uliza nami nitakusaidia. Kama unapendelea kuondoa kamba kwa siri, tafadhali unaweza toka uende utoe kisha urudi ndani na kifaa hicho.*

*Tafadhali endelea kuketi na nitahudumia kila mmoja wenu.*

*{Lead: Stop the recording of data on each phone in the Polar App.}*

---

**Timer:** ⌚ Fill in green box **C69 HR measurement ends** when the Evaluators begin disconnecting the HR straps. ⌚

---

## **32. DEBRIEF**

### **Day 1 Script**

*{If Day 1, use the following script}*

**[LEAD]:**

Thank you for your participation in the study. Our study today was interested in the effects of stress on the body. The task you completed today was created to make you feel comfortable and relaxed instead of feeling stressed. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed as a result of your participation.

*Asante kwa kushiriki katika utafiti. Utafiti wetu leo ulikuwa unachunguza athari za stress mwilini. Shuguli uliokamilika leo iliundwa kufanya ujisikia vizuri na bila wasiwasi badala ya stress. Sasa, kama uko na swali lolote au maoni kuhusu shuguli muliofanya leo, unaeza nijulisha, sanasana kama unahisi kuwa mgonjwa au umedhohofika kwa sababu ya kushiriki kwako.*

We thank you very much for having participated today! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

*Tunawashukuru sana kwa kushiriki leo! Kumbuka kuwa majibu uliyopeana ni ya siri na hayatafichuliwa kwa mtu yoyote ambaye si mmoja wa watafiti wetu. Pia, tafadhali kuwa huru kueleza marafiki wako kuhusu Busara; huwa tunatafuta washiriki wapya.*

You will get paid KSH 650 for your participation and transport today, plus an additional KSH 50 if you showed up on time. You will receive a portion of this money in cash before you leave today, and the remaining amount will be transferred to the phone number you gave us when you registered by MPesa this afternoon.

*Utalipwa KSH 650 kwa ajili ya kushiriki kwa utafiti na nauli yako leo pamoja na Ksh 50 ikiwa ulifika wakati ulio faa. Utapewa kiasi kidogo cha pesa hizi kabla ya kuondoka leo, na zitakazo baki utatumiwa kwa simu kupitia nambari uliyojiandikisha nayo Mpesa.*

The computer randomly decided which task you will receive payment for in addition to your show up fee. If you have any questions about this, please ask the lab staff before leaving.

*Kompyuta imeamua bila mpangilio wowote ile kazi utalipwa nayo pamoja na fidia ya kukubali kushiriki. Ukiwa na swali lolote tafadhali uliza mmoja wetu kabla ya kuondoka.*

Finally, we asked you continue with this study over the next 6 days. Kindly arrive to **[location]** at **[time]** tomorrow. The session will last about 1 hour 30 minutes. Remember that you will be paid 350 shillings for your participation, plus 50 shillings bonus if you arrive on time, and even more money if you follow through and complete all 6 daily sessions.

*Mwisho, tutakuuliza kuendelea na huu utafiti kwa siku sita zifuatazo. Tafadhali, fika kwa eneo la (Place and address) saa (time) kesho. Utafiti utachukua takriban saa moja na dakika thelathini. Kumbuka utalipwa shilingi 350 kwa kushiriki, pamoja na shilingi hamsini Zaidi kama faida ukifika mapemabila, na tena utapata pesa zaidi kama utashiriki kwa siku zote sita kila siku.*

By simply showing up tomorrow, you increase your chance of being a winner of the KSH 2500 lottery. If you do not show up, you have no chance of winning the monetary bonus if that day is chosen. Therefore, it is in your best interest to show up tomorrow so you can earn your tickets for each task.

*Kwa kuja utafiti kesho, unaongeza nafasi ya kuwa mshindi wa Ksh 2500 ya bahati nasibu.*

*Usipo kuja, hauna nafasi ya kushinda bonus iwapo hiyo siku itachaguliwa kuwa ya malipo. Kwa hivyo, ni muhimu kwako kujitokeza kuja kesho ili ushinde tiketi kwa kila shuguli.*

Please remember not to drink alcohol, drink coffee, or smoke at all during the 7-day study period, especially before the session. Also, you should not eat, drink liquids other than water, or engage in strenuous physical activity, including sexual activity, during the last 2 hours before the session tomorrow. If you have any questions about this, please ask before you leave today.

*Tafadhali kumbuka kutokunywa pombe, kahawa, ama kuvuta sigara kwa siku zote saba za utafiti, sana sana kabla ya kuanza utafiti. Pia usikule ama kunywa vinywaji isipokua maji, ama kujishughulisha na kazi nzito ya kimwili ikiwa ni pamoja na kushiriki ngono, masaa mawili kabla ya kuaanza utafiti. Kama uko na swali uliza kabla hujaondoka leo.*

The session has finished. Please pack up your things now and join me. Wait in the waiting room until we pay you. Please give me the placecard on the way out. Thank you very much! *Kikao kimeisha, tafadhali chukua vitu vyako na unifuata, tafadhali ngoja kwa waiting room mpaka ulipwe. Tafadhali nirudishie kadi yako ukitoka nje. Asante sana.*

## Day 7 Script

*{If Day 7, use the following script}*

Thank you for your participation in the study. Our study today was interested in the effects of stress on the body. The task you completed today was created to make you feel comfortable and relaxed instead of feeling stressed. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed as a result of your participation.

*Asante kwa kushiriki katika utafiti. Utafiti wetu leo ulikuwa unachunguza athari za stress mwilini. Shuguli uliokamilika leo iliundwa kufanya ujisikia vizuri na bila wasiwasi badala ya stress. Sasa, kama uko na swali lolote au maoni kuhusu shuguli muliofanya leo, unaeza nijulisha, sanasana kama unahisi kuwa mgonjwa au umedhohofika kwa sababu ya kushiriki kwako.*

We thank you very much for having participated today, and hope that you will come again when we invite you next time! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

*Tunakushukuru sana kwa kushiriki leo, na tunatumai utakuja tena tukikualika wakati mwingine. Kumbuka majibu uliyopatiana ni ya siri na hayatafichuliwa kwa mtu yeyote ambaye hayupo kwa timu ya utafiti. pia kuwa huru kuambia marafiki zako kuhusu busara; tunatafuta washiriki wapya kila wakati.*

You will get paid KSH 650 for your participation and transport today, plus an additional KSH 50 if you showed up on time. You will receive a portion of this money in cash before you leave today, and the remaining amount will be transferred to the phone number you gave us when you registered by MPesa this afternoon. If you attended all 7 sessions, you will receive an additional 300 KSH bonus.

*Utalipwa KSH 650 kwa ajili ya kushiriki kwa utafiti na nauli yako leo pamoja na Ksh 50 ikiwa ulifika mapema. Utapewa kiasi kidogo cha pesa hizi kabla ya kuondoka leo, na zitakazo baki utatumiwa kwa simu kupitia nambari uliyojiandikisha nayo Mpesa. Ikiwa ulishiriki kwa siku saba, utapokea Ksh 300 bonus.*

The session has finished. Please pack up your things now and join me. Wait in the waiting room until we pay you. Please give me the placecard on the way out. Thank you very much!

*Kikao kimeisha, tafadhali chukua vitu vyako na unifuata, tafadhali ngoja kwa waiting room mpaka ulipwe. Tafadhali nirudishie kadi yako ukitoka nje. Asante sana.*

---

### **TIMER**

**Timer:** 🕒 Record the **clock start time** when the **debrief begins in box C70** 🕒

**Timer:** 🕒 Record the **clock time** when the debrief/session ends in cells **C71** and **B4**. 🕒

# TSST

## Protocol - Lab

### (Days 1 & 7)

# TREATMENT

# CONDITION



## SESSION OVERVIEW

Estimated Start Time	Steps	Stopwatch Time
0 min.	0. Participant Identification 1. Welcome 2. Consent / Pregnancy Screening	
10 min.	3. Begin HR measurements 4. Introduction to Computer Interface 5. PANAS_1 (ztree) 6. Salivette 1: white (baseline) 7. STRESS_VAS_1 (ztree) 8. Instructions for Time Discounting and Stroop (ztree)	Start: 0 min, End: 1 min
45 min.	9. <b>TSST STARTS</b> a. ~2 min instructions b. 5 minute preparation c. Speech task on SurveyCTO (2 min per person) d. Questions task on Survey CTO e. Mental Arithmetic task (2 min per person)	Start: 0 min, End: 5 min Start: 0 min, End: 10 min Start: 0 min, End: ~20 min Start: 0 min, End: 10 min
	10. Salivette 2: Orange 11. <a href="#">STRESS_VAS_2 on zTree</a> 12. <a href="#">TASK Series 1 – refer to Measures Protocol</a> 13. Salivette 3: Blue 14. <a href="#">STRESS_VAS_3 on zTree</a> 15. <a href="#">TASK Series 2 – refer to Measures Protocol</a> 16. Salivette 4: Green 17. <a href="#">STRESS_VAS_4 on zTree</a> 18. <a href="#">TASK Series 3 – refer to Measures Protocol</a> 19. Salivette 5: Yellow 20. <a href="#">STRESS_VAS_5 on zTree</a> 21. <a href="#">TASK Series 4 – refer to Measures Protocol</a> 22. Salivette 6: Red 23. <a href="#">STRESS_VAS_6 on zTree</a>	<b>Approx. 25 min.</b>  <b>Approx. 50 min.</b>  <b>Approx. 75 min.</b>  <b>Approx. 100 min.</b>  <b>Approx. 125 min.</b>

	<b>24. TASK Series 5 – refer to Measures Protocol</b> <b>25. Salivette 7: Black - endline</b> <b>26. STRESS_VAS_7 on zTree</b> 27. General Questionnaire (ztree) 28. Guessing Module (ztree) 29. Final Payment Screen (ztree)	<b>Approx. 150 min.</b>
	<b>30. TSST Mental Arithmetic Task: round 2</b>	<b>Start: 0 min, End: 20 min</b>
	31. End HR measurements 32. Debrief	

### **TSST Procedure and Script**

Legend:

\*\*\*\*\* **LOCATION** \*\*\*\*\*


[User in brackets]

Scripted instructions are framed

*{Directions in braces and italics}*

 Record on Timesheet 

*{**Timer:** Verify that you have a pen, clock, countdown timer, and blank timesheet prior to start of session}*

**Timer:**  Fill in green boxes in **rows 1 through 4** with Session, Date, 24HR Start Time, Lab Lead (name), Timer (name), Evaluators 1 and 2 (names).

\*\*\*\*\* **WAITING ROOM** \*\*\*\*\*

## **0. PARTICIPANT IDENTIFICATION**

### **1. WELCOME**

*{**Timer:** 1. keeps track of overall time using pen and paper; 2. assists Lab Lead in answering participant questions [if any] or helping them with procedural actions [such as tablet issues, equipment issues, etc]; and 3. maintains equipment}*

### **LEAD**

[LEAD]:

Hello everyone! A warm welcome to the Busara Center for Behavioral Economics. I see all participants are present, thank you for your willingness to participate. Please do not switch your place cards with another participant. If you do not have the original card you were given at arrival, please raise your hand. We will begin in just one minute.

*Habari nyote! Unakaribishwa sana Busara. Naona washiriki wote wako hapa. Asante kwa kukubali kushiriki. Tafadhali usibadilishe kadi uliopewa na mshiriki mwengine. Kama huna kadi uliopewa kwa mlango, tafadhali nyosha mkono wako. Tutaanza baada ya dakika moja tu.*

[LEAD]:

Before we start I request three things.

*Kabla tuanze, ningependa kukuliza mambo matatu*

First, please ensure that your phones are switched off COMPLETELY. You may not set them to silent or standby. We do this so that you can focus on the task without distraction.

*Kwanza, tafadhali hakikisha simu yako imezimwa KABISA. Usiweke 'silent' ama 'standby'. Tunafanya hivi ili uweze kuzingatia kazi bila usumbufu wowote.*

Second, it is important that you refrain from communicating with other participants. This also helps you to concentrate. If you talk to other people, we will have to send you home and you cannot get paid.

*Pili, ni muhimu ujizuie kuzungumza na washiriki wengine, hii pia inakusaidia kuwa makini. Ukiongea na wengine, itabidi tukurudishe nyumbani na hutalipwa.*

Finally, if you are chewing gum, be so kind to take it out now.

*Mwisho, kama unatafuna (bugia) 'gum', tafadhali itoe sasa.*

*{Allow time for participants to comply with above instructions}*

If you have any questions during the session, please raise your hand and one of the researchers will come and talk to you.

*Ukiwa na swali lolote kwa muda wa utafiti, tafadhali inua mkono wako na mmoja wa watafiti atakuja kukuongelea.*

## **TIMER**

**Timer:**  Fill in the green box **C10 Welcome** when session welcome begins 

## **2. CONSENT / PREGNANCY SCREENING (Day 1 only)**

## **LEAD or TIMER**

*{Lead or Timer: hand out consent forms [women also receive Pregnancy Screening]}*

***{IMPORTANT: This person CANNOT be the Evaluators}***

### **[LEAD or TIMER]:**

I will now read to you the Declaration of Consent Form in from of you. If there is something you do not understand or you have any questions after I read the script to you, I can answer them for you.

*Hivi sasa nitawasomea consent form. Ikiwa una swali ama hujaelewa chochote baada ya kusoma script na wewe, nitaweza kukujibu.*

*{Lead: Participants should have signed consent forms}*

### **[LEAD or TIMER]:**

Now, I will continue reading the second form for women only. It is important that you consider each question carefully and answer as honestly as possible so that we can ensure your safety. Remember, your responses are kept in confidence and respect the privacy of all fellow participants by keeping your eyes on your own paper.

*Sasa nitaendelea kusoma fomu ya pili ya wanawake pekee. Ni muhimu utilie maanani kila swali na ujibu kwa uaminifu ndiposa tuweze kuhakikisha usalama wako. Kumbuka, majibu yako yatawekwa kwa siri na pia kumbuka kuheshimu privacy ya washiriki wenzio kwa kuzingatia kazi yako binafsi.*

After you are finished with all the questions, please raise your hand so that we can go over your responses with you privately. If we feel that your participation is a risk to your health, you may be asked to leave, but will be compensated for coming today regardless. Are there any questions?

*Ukimaliza kujibu maswali yote, nyosha mkono wako tuweze kupitia majibu yako nawe kwa siri. Tukihihi kwamba ushiriki wako ni hatari kwa afya yako, unaweza ombwa uondoke, lakini utapewa fidia kwa kuja leo. Kuna swali Lolote?*

*{pause for questions, then continue below with the script}*

6. Are you pregnant or breastfeeding now?

*Uko mja mzito au unanyonyesha kwa sasa?*

D. Yes

- E. No
- F. Unsure

7. When did your last menstrual period start?

*Hedhi/damu ya mwezi yako ya mwisho ilianza lini?*

- I. Days Ago
- J. Weeks Ago (Less than 3 weeks)
- K. Months ago
- L. Years ago
- M. In menopause / No longer menstruate
- N. Before last birth
- O. Never menstruate
- P. Had hysterectomy

8. Are you or your partner currently doing something or using any method to delay or avoid getting pregnant?

*Je, wewe au mpenzi wako mnafanya kitu au kutumia mbinu yoyote ya kuchelewesha au kuzuia kupata mimba?*

- C. Yes
- D. No

9. If yes, which method are you using?

*Ikiwa ndio, ni mbinu gani unayo tumia?*

- O. Female Sterilization
- P. Male Sterilization
- Q. IUD (and still implanted, within last 5 years)
- R. Injectables (within past 3 months)
- S. Implants (still implanted and within 2 years or depends on implant)
- T. Pill (and taking every day in past month)
- U. Condom (consistent and correct use for every sexual intercourse)
- V. Female Condom (consistent and correct use for every sexual intercourse)
- W. Emergency contraception
- X. Calendar methods such as standard says method or rhythm method
- Y. Lactational amenorrhea method
- Z. Withdrawal
- AA. Other method
- BB. Abstinence (since last period)

10. Since what month and year have you been using (CURRENT METHOD) without stopping? *Probe: For how long have you been using (CURRENT METHOD)?*

*Ni kuanzia mwezi na mwaka gani umekua ukitumia (MBINU HIO) bila kuacha?  
Probe: Kwa muda gani umekua ukitumia (MBINU HIO)?*

*{Lead or Timer: meet individually with all women; collect consent forms from the men}*

**[LEAD]**

Are everyone's phones off? We will now go to the computer room, where I will give you more information about the study. Please find the computer with the number on your placecard, and sit down. Again, remember that you are not allowed to speak to each other from now on, and please wait to touch the computers until we instruct you to do so.

*Kila mtu amezima simu? Sasa tutaenda kwa chumba cha utafiti, ambapo nitawapa maelezo zaidi kuhusu utafiti. Tafadhali tafuta kompyuta iliyo na nambari ya placecard yako na uketi chini. Tena, kumbuka hufai kuzungumza na wenzako kuanzia sasa na tafadhali usiguze kompyuta hadi tutakapokuambia kufanya hivyo.*

**TIMER**

*{TIMER: Verify that participants have not switched placecards}*

*Reminder for Timer or Lead: Ensure that copies of participant's consent forms are made during the session to hand out by the end of the session.*

**Timer:** 🕒 Fill in the green box **C11 Consent** when consent instructions begin 🕒

\*\*\*\*\* **COMPUTER ROOM** \*\*\*\*\*

### **3. BEGIN HR MEASUREMENTS**

**LEAD**

**[LEAD]:**

Now we are going to connect you to the equipment, which we use to collect information about your body throughout the research study. Please try your best to ignore the equipment by pretending that it is not there as you complete each part of the experiment. Agreeing to participate in the collection of this data will be important for the purpose of this study; however, if you feel uncomfortable, you may choose to remove the equipment at any time by raising your hand to let the researcher know. Do you have any questions?

*Sasa tutakuunganisha na vifaa, ambavyo tutatumia kukusanya taarifa kuhusu mwili wako katika utafiti. Tafadhali jaribu kupuuza hivi vifaa kwa kujifanya kuwa haviko wakati*

*unakamilisha kila sehemu ya utafiti. Kukubali kushiriki katika ukusanyaji wa taarifa hii itakuwa muhimu kwa ajili ya utafiti huu, hata hivyo, kama unahisi kuwa na wasiwasi, unaweza kuchagua kuondoa kifaa hicho wakati wowote kwa kunyosha mkono wako ili mtafiti ajue. Je, mna maswali yoyote?*

The strap will be secured around your mid-section against your skin. If you prefer to connect the strap in private, there are washrooms outside near the elevators that you may go to.

*Kamba itafungwa chini ya kifua chako kwenye ngozi. Kama unapendelea kufunga kamba kwa siri, kuna vyoo nje karibu na elevators, unaweza kwenda.*

There is a strap and an instruction sheet in front of you. I will also demonstrate how to wear the strap now.

*Kuna kamba na karatasi ya maelezo mbele yako. Pia nitawaonyesha jinsi ya kuvaa kamba sasa.*

*{Demonstrate how to wear the HR strap – 1. Wet the electrode area; 2. Tie strap around your chest; 3. Adjust strap to fit; 4. Ensure connector is centered and upright under chest.}*

Are there any questions? If there are no [more] questions then please begin putting on the strap now. If you need help, let us know and we will assist you.

*Je, kuna maswali yoyote? Kama hakuna maswali [zaidi] basi tafadhali anza kuvaa kamba sasa. Kama unahitaji msaada, tujulishe ili tukusaidie*

**{Lead: PLEASE REFER TO THE POLAR H7 MANUAL}**

*{Once everyone returns to the room and all straps are on, proceed with the script below}*

**[LEAD]:**

I will now come around to you individually to ensure information is being collected correctly.

*Sasa nitakuja karibu nawe ili kuhakikisha habari zinakusanywa kwa usahihi.*

**{Lead: Verify that data is flowing from each piece of equipment before moving on}**

---

## **TIMER**

**Timer:** ⌚ Fill in the green box **C13 HR measurement begins** when HR monitors begin recording participant data ⌚

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#### 4. INTRODUCTION AND INTRODUCTION TO COMPUTER INTERFACE

Treatment ID: 1, 2 & 3

{Open 1\_Intro Screen.ztt}

During this session, you will use the computer in front of you to answer a number of questions and make choices.

*Wakati wa utafiti huu, utatumia kompyuta iliyo mbele yako kujibu maswali kadhaa na kufanya maamuzi*

After we are finished, you will receive payment via cash. Everyone will receive 650 KSH for show up and transport today, plus KSH 50 if you showed up on time, regardless of how you perform on the tasks during the session. However, you will also have the opportunity to earn additional money based on your decisions in the game or your performance.

*Tukishamaliza, utapokea malipo yako. Kila mtu atapokea shilingi 650 ya kuhudhuria na nauli yako ya leo pamoja na shilingi 50 ikiwa ulifika mapema, bila kujali ulivyofanya katika shughuli wakati wa utafiti. Hata hivyo, utakua na nafasi ya kujipatia pesa ya ziada kulingana na maamuzi yako katika michezo au unavyofanya maamuzi yako.*

In these games, there are no right or wrong answers, but it important to make each decision carefully. After all of the games have been played, your choices from one of the games will be randomly chosen for payment from today and the seventh day of the study. ONLY ONE TASK FROM ONE DAY WILL BE RANDOMLY CHOSEN FOR ADDITIONAL PAYMENT.

*Katika michezo hizi, hakuna jibu sahihi au lisilo sahihi, lakini ni muhimu kufanya kila uamuzi kikamilifu. Baada ya michezo yote kucheza, majibu yako kutoka kwa moja ya michezo itachaguliwa bila mpangilio wowote na kutumika kwa malipo leo na vile vile kwa siku ya saba .SHUGHULI MOJA TU KUTOKA SIKU YA KWANZA ITACHAGULIWA BILA MPANGILIO WOWOTE KWA MALIPO YA ZIADA.*

You will also answer a number of questions about yourself, your preferences, and your current situation. There are no right or wrong answers in these questionnaires, but it is important to be as honest as possible when answering.

*Pia utajibu maswali kadhaa kukuhusu wewe, mapendeleo yako na hali yako ya sasa. Hakuna jibu sahihi au lisilo sahihi katika maswali haya, lakini ni muhimu kusema ukweli uwezekanavyo unapojibu.*

Please listen carefully to the instructions that are being read to you. Tell us if you have any questions or if there is anything that you do not understand.

*Tafadhali sikiliza kwa makini maelezo yanayosomwa kwako. Tuambie ikiwa una maswali yoyote au ikiwa kuna jambo lolote ambalo hujaelewa.*

Are there any questions about how your payment will be determined before we move on? Please press the “OK” button now.

*Kuna maswali yoyote kuhusu vile malipo yako yataamuliwa kabla tusonge mbele. Tafadhali gusa button ya “OK” sasa.*



*{Lead: Start 2\_CPR\_TestMouse zTree treatment. Walk around to confirm that Introduction has loaded on every participant's screen and then instruct participants to begin.}*

**LEAD**

**[LEAD]:**

Now, we will learn to use a computer. In this study, you should touch the "screen" using the fleshy part of your finger. Please don't hit or push the computer. If the computer doesn't respond the first time, touch again or raise your hand to be assisted.

*Sasa, tutajifunza kutumia computer. Katika somo hili, lazima uguze screen ukitumia sehemu ya kidole iliyo na nyama. Tafadhali usigonge au kusukuma computer. Ikiwa computer haita respond mara ya kwanza, gusa tena au inua mkono wako ili usaidiwe.*

On your screen there is a green box. Please touch it now to see how the touch screen works. Can someone tell me, what color it has changed to?

*Katika screen yako kuna sanduku la green. Tafadhali liguze sasa kuona vile touch screen inafanya kazi. Unaeza niambia limebadilika lika rangi gani?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, it's red. Touch it again. After the box has disappeared there is an "OK" button. We'll use this button several times in today's study. To learn how to use it, please touch it. The box should disappear when you touch it.

*Ndio, ni nyekundu. liguze tena. Baada ya sanduku kupotea kuna 'OK' button. Tutatumia button hii mara kadhaa katika utafiti wa leo. Ndo uweze kujifunza jinsi ya kuitumia, tafadhali liguze tena. Sanduku hilo linafaa lipotee punde tu unapoigusa.*

*{Lead walks around to confirm that OK button has disappeared from every screen}*

**[LEAD]:**

You will see the screen "Please wait till the study continues." You will see this screen many times in the study today. Are there any questions on using the computer? OK, let's start with the first part of the study.

*Utaona kwa screen "Please wait till the study continues". Utaona screen hii mara nyingi katika utafiti wa leo. Kuna maswali yoyote kuhusu kutumia kompyuta? Sawa, wacha tuanze na sehemu ya kwanza ya utafiti.*

*{Lead: Start 3\_TSST\_ScaleComprehension zTree treatment. Walk around to confirm that ScaleComprehension has loaded on every participant's screen and then instruct participants to begin.}*

**[LEAD]:**

Please click on the line to indicate a number. Then press OK.

*Tafadhali bonyeza kwa laini kuonyesha nambari. Alafu gusa ok*

Locate and click on the no.5. Do not press OK.

*Tafuta na ubonyeze nambari 5.*

Locate and click on the no.12.

*Tafuta na ubonyeze nambari 12.*

If you have problems, feel free to ask for help. Now you may press OK.

*Ukiwa na matatizo, hisi uhuru wa kuomba usaidizi. Sasa unaweza kugusa OK.*



**[LEAD]:**

For today's session, PLEASE ONLY USE THE TOUCHSCREEN FOR ALL TASKS AND QUESTIONNAIRES. DO NOT USE THE MOUSE.

*Kwa utafiti wa leo, tafadhali tumia touch screen pekee kwa zoezi na maswali yote. Usitumie mouse*

**TIMER**

**Timer:**  Fill in the green box **C14 Intro to computer interface - start** when 2\_TSST\_TestMouse begins in ztree 

**Timer:**  Fill in the green box **C15 Intro to computer interface - end** when 3\_TSST\_ScaleComprehension ends in ztree 

**5. PANAS**

**Treatment ID: 4**

*{Lead: Start 4\_PANAS zTree treatment. Walk around to confirm that 4\_PANAS has loaded on all participants' screens and then instruct them to begin while reading aloud the questions one-by-one.}*

**[LEAD]:**

For each of the following statements, please think about the degree to which you currently feel the emotion, where 0 means “not at all” and 100 means “very much”. Please click on the line to indicate the degree to which you feel this emotion right now. Use the options in the middle if you fall somewhere in between. Press the “OK” button after you have made your choice.

Please raise your hand if you have any questions. Otherwise, press the CONTINUE button now.

*Kwa kila kauli zifuatazo, tafadhali fikiria ni kwa kiwango gani unahisi kwa sasa, ambapo 0' inamaanisha hakuna kabisa na 100 inamaanisha Zaidi sana. Tafadhali bonyeza kwa mstari kuonyesha kiwango unachohisi kwa sasa. Tumia chaguo la katikati kama unahisi kuwa katikati. Gusa OK button ukishaweka jibu lako. Tafadhali, inua mkono kama una swali lolote. Haya gusa CONTINUE button sasa.*

Please click on the line to indicate the degree to which you feel this emotion right now.

*Tafadhali bonyeza kwa line kuonyesha kiasi ya vile unahisi kwa sahi*

29. In the present moment, I feel interested.  
*Sasa hivi nahisi kuwa na hamu ya kufanya jambo.*
30. In the present moment, I feel distressed  
*Sasa hivi nahisi kusunoneka.*
31. In the present moment, I feel excited.  
*Sasa hivi nahisi nimechangamka.*
32. In the present moment, I feel upset.  
*Sasa hivi nahisi kuudhika.*
33. In the present moment, I feel strong.  
*Sasa hivi nahisi mwenye nguvu.*
34. In the present moment, I feel guilty.  
*Sasa hivi nahisi mwenye hatia.*
35. In the present moment, I feel hostile.  
*Sasa hivi nahisi kuonyesha uhasama.*
36. In the present moment, I feel proud.  
*Sasa hivi nahisi majivuno.*
37. In the present moment, I feel irritable.  
*Sasa hivi nahisi kukerwa.*
38. In the present moment, I feel alert.  
*Sasa hivi nahisi uko chonjo.*
39. In the present moment, I feel ashamed.  
*Sasa hivi nahisi mwenye aibu.*
40. In the present moment, I feel inspired.  
*Sasa hivi nahisi kupa motisha.*
41. In the present moment, I feel nervous.  
*Sasa hivi nahisi kuwa na uoga.*
42. In the present moment, I feel determined.  
*Sasa hivi nahisi mwenye bidii.*
43. In the present moment, I feel attentive.  
*Sasa hivi nahisi kuwa makini.*

44. In the present moment, I feel jittery.  
*Sasa hivi nahisi siwezi kutulia*
45. In the present moment, I feel active.  
*Sasa hivi nahisi mchangamfu.*
46. In the present moment, I feel afraid.  
*Sasa hivi nahisi kuogopa.*
47. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*
48. In the present moment, I feel anxious.  
*Sasa hivi nahisi kuwa na wasiwasi.*
49. In the present moment, I feel aggressive.  
*Sasa hivi nahisi uchokozi.*
50. In the present moment, I feel agitated.  
*Sasa hivi nahisi kukasirishwa.*
51. In the present moment, I feel dizzy.  
*Sasa hivi nahisi kizunguzungu.*
52. In the present moment, I feel a fast slow, pounding, or irregular heartbeat or pulse.  
*Sasa hivi nahisi roho yangu inagonga haraka, inapiga kwa nguvu ama inapiga bila mpangilio.*
53. In the present moment, I feel a shortness of breath.  
*Sasa hivi nahisi kupungukiwa na hewa.*
54. In the present moment, I feel that I have trouble thinking.  
*Sasa hivi nahisi ninashida ya kufikiria.*
55. In the present moment, I have a headache.  
*Sasa hivi naumwa na kichwa.*
56. In the present moment, I feel my mood is changing.  
*Sasa hivi nahisi 'mood' yangu inabadilika.*

### **TIMER**

**Timer:** ⌚ Fill in the green box **C16 PANAS 1- start** when 4\_PANAS begins in ztree ⌚

**Timer:** ⌚ Fill in the green box **C17 PANAS 1- end** when 4\_PANAS ends in ztree ⌚

### **6. SALIVETTE 1: WHITE**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

Now I will explain to you how the salivettes work. With these salivettes, we collect saliva samples for the analysis of hormones in the body. First, please rinse your mouth by drinking a sip of water.

*Sasa nitawaeleza jinsi salivettes zinafanya kazi, kupitia hizi salivettes, tunasanya sampuli za mate kwa uchunguzi wa homoni mwilini. Mwanzo, kamua mdomo kwa kunywa maji.*

*{allow participants a moment to rinse mouths}*

Please take the **WHITE** salivette, open it and take out the small cotton swab. **Do not remove the labels, and do not put it in your mouth yet.** Please wait until everyone has a cotton swab in hand.

*Tafadhali chukua salivette ya WHITE, fungua kisha utoe pamba, usitoe labels, na bado usitatie mdomoni.*

*{Lead: Salivettes should be **WHITE**. Confirm color by having respondents hold up the salivette}*

[LEAD]:

Now put the cotton swab into your mouth and chew lightly on it. Please do not chew too hard, and under no circumstance should you swallow it. The cotton swab should absorb as much saliva as possible. After one minute, I will tell you to remove it again.

*Sasa weka pamba mdomoni na utafune pole pole. Tafadhali usitafune kwa nguvu, na pia hufai kuimeza. Pamba yafaa kunyonya mate mingi iwezekanavyo. Baada ya dakika moja, nitawaambia kutoa tena.*

*{Lead: Set stopwatch for **1 minute**; Timer should confirm with watch.}*

[LEAD]: Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

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## **TIMER**

**Timer:** 🕒 Fill in the green box **C18 Salivette 1 (baseline)** when participants began chewing on the cotton swab in the salivette 🕒

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## **7. STRESS\_VAS\_1**

**Treatment ID: 5**

*{Lead: Start 5\_StressVAS\_1 zTree treatment. Walk around to confirm that Stress\_VAS\_1 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

3. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

### **TIMER**

**Timer:**  Fill in green box **C19 Stress VAS** when 5\_StressVAS\_1 started on zTree. 

## **8. INTRODUCTION TO 2 TASKS - DISCOUNTING AND STROOP TASKS**

### **LEAD**

**[LEAD]:**

In this financial decisions task, you will play two different games to choose payments that you prefer across different times. Remember only one randomly selected task will be chosen for payment out of what you complete today. If this task is chosen for payment, you will receive one payment for participating in this study, an EARLIER payment OR a LATER payment. You will receive the EARLIER payment on an EARLIER date, OR you will receive the LATER payment on a LATER date. Your payment will be sent via MPesa by 6pm on the date. On the day that you are scheduled to receive your payment, we will send you a text message reminder that the payment is coming. If you do not receive your payments, you should immediately contact the staff at Busara.

*Katika shughuli hii ya uamuzi wa kifedha, utacheza michezo miwili tofauti kuamua malipo unayo pendelea kwa wakati tofauti. Kumbuka shughuli moja tu ndio itachaguliwa kwa malipo kwa zile ambazo utakamilisha leo. Ikiwa shughuli hii itachaguliwa kwa malipo, utapokea malipo moja kwa kushiriki katika utafiti huu, malipo ya MAPEMA au malipo ya BAADAE. Utapokea malipo ya MAPEMA tarehe ya mapema na kupokea malipo ya baadae tarehe ya BAADAE. Malipo yako itatumwa kwako kwa njia ya mpesa kabla ya saa kumi na mbili jioni kwa hio tarehe. Katika ile siku ambayo unatarajiwa kupokea malipo yako, tutakutumia ujumbe mfupi yakukumbusha yakua malipo inakuja. Usipo pokea malipo yako, wasiliana na Busara moja kwa moja.*

**LEAD****[LEAD]:**

You will make a total of 48 decisions in this task. The game has two parts. In the first part you will make 24 decisions about gaining money; in the second part, you will make another 24 decisions about losing money. If this task is chosen for payment, all 48 decisions have the same chance of being chosen as the payment decision, so you should make each decision as if it were the payment decision.

*Utafanya jumla ya maamuzi 48 katika kazi hii. Mchezo una sehemu 2. Katika sehemu ya kwanza utafanya maamuzi 24 ya kupata pesa; katika sehemu ya pili, utafanya maamuzi mengine 24 ya kupoteza pesa. Kazi hii ikichaguliwa kwa malipo, maamuzi yote 48 yako na uwezekano sawa yakuchaguliwa kama maamuzi ya malipo, kwa hivyo, unafaa ufanye kila uamuzi ni kama huo ndio uamuzi wa malipo.*

For this game, you will start with 1600 KSH. Because of the payment decision, you may receive more or less than 1600 KSH on the EARLIER date OR the LATER date. We will add or take away any money from the payment decision to your two payments of 1600 KSH. So if this task is chosen for payment, you will receive at least 1600 KSH sent via M-Pesa.

*Kwa mchezo huu, utaanza na shilingi 1600. Kwa sababu ya maamuzi ya malipo, unaweza pokea zaidi au chini ya shilingi 1600 katika tarehe ya MAPEMA, au tarehe ya BADAAE. Tutaongeza au kupunguza pesa yeyote kutoka kwa maamuzi ya shilingi 1600. Kwa hivyo, ikiwa shughuli hii itachaguliwa kwa malipo, utapokea angalau shilingi 1600 kupitia mpesa*

**LEAD****[LEAD]:**

So, can someone tell me how many decisions you will make?

*Kwa hivyo, kuna mtu anaweza niambia ni maamuzi mangapi utafanya?*

{Wait for respondent to answer 48.}

**LEAD****[LEAD]:**

That's correct, you will make 48 decisions, and one of them will decide how much you are paid for the study if this task is chosen for payment.

*Hiyo ni sawa, utafanya maamuzi 48, na moja yao itaamua ni pesa ngapi utalipwa kwa utafiti ikiwa kazi hii itachaguliwa kwa malipo.*

**LEAD****[LEAD]:**

If this task is chosen for payment, how many payments will you receive?

*Ikiwa kazi hii itachaguliwa kwa malipo, utapokea malipo ngapi?*

*{Wait for respondent to answer 1 payment}*

**LEAD**

**[LEAD]:**

Yes, you will receive one payments – one at an EARLIER date OR one at a LATER date. Both payments will be sent via M-Pesa.

*Ndio, utapokea malipo moja - moja katika tarehe ya MAPEMA au moja katika tarehe ya BAADA. Malipo yote yatatumwa kwa njia ya M-pesa.*

Since the computer will decide which task you will start first, I am going to explain each game to you and you will practice each game before starting the real task. We will start with the first type of game.

*Kwasababu kompyuta ndio itaamua ni kazi kazi itaanza kwanza, nitawaelezea kila mchezo na mta practice kila mchezo kabla yakuanza kazi halisi. Tutaanza na mchezo wa aina ya kwanza.*

**Treatment ID: 7**

***Explaining MPL\_Gains***

*{Lead opens 7\_MPL\_gains\_example.ztt}*

**LEAD**

**[LEAD]:**

Does everyone see an "OK" button in the center of the screen? Please wait to touch any buttons until I tell you.

*Kila mtu anaona 'button' ya "OK" katikati ya skrini? Tafadhali usiguze button yoyote hadi nikuambie.*

*{Confirm that program has started on all computers}*

Now please click the "OK" button in the center of the screen to move to the next screen. You will make 24 decisions in this part of the study. In each decision, you will choose between a smaller EARLIER payment and a larger LATER payment. The easiest way to explain how you will make decisions is to show you an example.

*Sasa bonyeza button ya "OK" katikati ya skrini ili usonge kwenye skrini ifuatayo. Utafanya maamuzi 24 katika sehemu ya utafiti/study. Kwa kila uamuzi utachagua kati ya malipo kidogo ya mapema na malipo kubwa ya baadaye. Njia rahisi ya kueleza jinsi ya kufanya maamuzi ni kuwaonyesha mfano.*

For each decision that you will make, you will see a screen like the one that you have in front



of you now. These two boxes show you **when** you will receive the two payments. The box on the left shows the amount of money you will receive in the EARLIER payment, and the box on the right shows the amount of money you will receive in the LATER payment.

*Kwa kila uamuzi utafanya utaona skrini kama iliyo mbele yako sasa. Box hizi mbili zinakuonyesha ni lini utapata malipo yako mbili.Box iliyokushoto inakuonyesha kiwango cha malipo utakayopokea mapema na box iliyo kulia inakuonyesha kiwango cha malipo utakayopokea baadaye.*

In this example, how much is the EARLIER payment?

*Kwa huu mfano, malipo ya MAPEMA ni ngapi?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, the EARLIER payment is 400 KSH. And how much is the LATER payment?

*Ndio,malipo ya MAPEMA ni shilingi mia nne,Malipo ya BAADAE ni ngapi?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, the LATER payment is 600 KSH.

*Ndio, malipo ya BAADAE ni shilingi mia sita.*

**[LEAD]:**

Each decision will be different. You will decide if you want to receive the EARLIER payment or the LATER payment. There is no right or wrong answer - you just choose the payment that you prefer more. To choose the EARLIER payment, touch the green "CHOOSE THE EARLIER PAYMENT" button on the left side of the screen. To choose the LATER payment, touch the yellow "CHOOSE THE LATER PAYMENT" button on the right side of the screen. So, to make a decision, you touch the button, which is below the payment that you prefer. When you touch the button, its color will turn red. To confirm your decision, you touch the "OK" button at the bottom of you screen. You can change your decision before you touch the "OK" button.

*Kila uamuzi utakuwa tofauti. Utaamua ikiwa unataka kupokea malipo ya MAPEMA au ya BAADAYE.Hakuna jibu sahihi au lisilo sahihi-utachagua malipo unayopendelea mno.Kuchagua malipo ya MAPEMA,guza button ya green iliyo kulia kwa skrini”CHAGUA MALIPO YA MAPEMA”.Kuchagua malipo ya BAADAYE guza button ya yellow iliyo kushoto kwa skrini”CHAGUA MALIPO YA BAADAYE”.*

*Sasa kufanya uamuzi,unaguza button iliyo chini ya malipo unayopendelea.Ukiguza button rangi yake itageuka kuwa red/nyekundu.Kuthibitisha uamuzi wako guza button ya “OK” iliyochini ya skrini yako.Unaweza badilisha uamuzi wako kabla ya kuguza button ya “OK”*

Let's look at the example. If you want to choose the EARLIER payment, you touch which button, green or yellow?

*Sasa tuangalie mfano.Ukitaka kuchagua malipo ya mapema utaguzia button ya green au yellow?*

*{Pause to let subjects answer}*

**[LEAD]:**

Yes, the green button on the left. And to choose the later payment you touch which button?

*Ndio, button ya green iliyo kushoto.Kuchagua malipo ya baadaye unaguzia button gani?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Yes, the yellow button on the right. Try to touch one of the buttons yourself. To confirm your decision, you touch the "OK" button at the bottom of your screen. The computer will then move to the next decision. Are there any questions?

*Ndio, button ya yellow iliyo kulia.Jaribu kuguzia moja ya buttons wewe mwenyewe..Kuthibitisha uamuzi wako,guza button ya "OK" iliyo chini ya skrini.Kompyuta itasonga kwa uamuzi unaofuata.Kuna maswali yoyote?*

*{Pause to allow respondents to ask questions}*

**[LEAD]:**

Today, you will make decisions from this game in 3 different rounds. Each round will have 8 decisions. The dates of the EARLIER and the LATER payments will be different in every round. At the beginning of each round, the boxes on your screen will show you when the EARLIER and LATER payments will take place for all the decisions in that round, so please pay special attention.

*Leo utafanya maamuzi katika raundi tatu tofauti kwa mchezo huu.Kila raundi itakuwa na maamuzi nane.Tarehe ya malipo ya MAPEMA na BAADAYE itakuwa tofauti kwa kila raundi.Mwanzo wa kila raundi, kisanduku kilicho kwa skrini kitaonyesha lini malipo ya MAPEMA na ya BAADAYE yatakapo fanyika,kwa hivyo tafadhali kuwa makini.*

So for example, in this decision, can someone tell me when you will receive the EARLIER payment?

*Kwa mfano,kwa uamuzi huu,mmoja wenu anaweza nieleza ni lini atapokea malipo ya*

**MAPEMA?**

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the EARLIER payment today. Now can someone tell me when you will receive the LATER payment?

*Hiyo ni sahihi, utapokea malipo ya MAPEMA leo. Sasa mmoja wenu anaweza nieleza ni lini utapokea malipo ya BAADAYE?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the later payment in one week.

*Hiyo ni sahihi, utapokea malipo ya BAADAYE kwa wiki moja.*

Within a round, the date of the EARLIER payment is the same for all decisions and the date of the LATER payment is the same for all decisions. All 24 decisions in this part of the study also have the same chance of being chosen, so you should think carefully about each decision. You will receive the payment that you chose - the EARLIER payment or the LATER payment - from the **payment decision if this game is randomly chosen as the payment game**. Are there any questions?

OK. Touch the OK button to go to the next screen.

*Kwa kila raundi, tarehe ya malipo ya MAPEMA ni sawa kwa maamuzi yote na tarehe ya malipo ya BAADAYE ni sawa kwa maamuzi yote. Maamuzi yote 24 katika kila sehemu ya utafiti yana nafasi sawa ya kuchaguliwa kwa hivyo yafaa ufikiri kwa makini kabla ya kufanya uamuzi. Utapokea malipo uliyochagua -malipo ya mapema au ya baadaye, kutokana na uamuzi wa malipo ikiwa mchezo huu utachaguliwa bila mpangilio kuwa mchezo wa malipo. Kuna maswali yoyote? OK. gusa OK button kusonga kwa skrini inayofuata.*

**[LEAD]:**

Now we will start with a practice round. The practice round will be similar to the 3 later rounds you will play for real. In this practice round, you will make 4 decisions about how you want choose between an EARLIER date and a LATER date. This round is just for practice; these decisions will not be the payment decision.

*Sasa tutaanza na raundi la jaribio. Hili zoezi la jaribio litakua sawa na raundi 3 zinazofuata ambazo utacheza kwa kweli. Katika raundi hii ya jaribio, utafanya maamuzi 4 kuhusu vile unavyotaka kuchagua pesa kati ya tarehe ya MAPEMA na tarehe ya BAADAYE. Raundi hii ni*

*ya jaribio tu;maamuzi haya hayatakua ya malipo.*

On your screen, you should see two dates. The date of the earlier payment is today and the date of the later payment is one week from today. Now please touch the "OK" button in the center of the screen and start making your decisions. Remember, you have 4 decisions to make in this practice round. After making each decision, touch the "OK" button to move forward.

*Katika screen yako,unafaa kuona tarehe mbili.Tarehe ya malipo ya mapema ni leo na tarehe ya malipo ya baadae ni wiki moja kutoka leo.Sasa tafadhali guza “OK” button iliyo katikati ya screen na uanze kufanya maamuzi yako.Kumbuka,una maamuzi 4 yakufanya katika raundi hii ya jaribio.Baada ya kufanya kila uamuzi,guza “OK” button kusonga mbele.*

## **Treatment ID: 8**

### ***Explaining MPL\_Losses***

*{Lead opens 8\_MPL\_losses\_example.ztt}*

#### **LEAD**

**[LEAD]:**

The last type of game is the same as the choice game I just explained, except this time instead of choosing how much money you would like to receive earlier or later, you will choose how much money you would prefer to lose earlier or later.

*Aina ya mwisho ya mchezo ni sawa na ule wa mchezo wa choice nilioeleza,isipokuwa wakati huu badala ya kuchagua ni pesa ngapi ungependa kupokea MAPEMA ama BAADAYE, utachagua ni pesa ngapi ungependelea kupoteza MAPEMA ama BAADAYE.*

**[LEAD]:**

Does everyone see an "OK" button in the center of the screen? Please wait to touch any buttons until I tell you.

*Je, kila mtu anaona button ya “OK” katikati ya skrini? Tafadhali ngoja, usiguse button yoyote hadi nitakapo kwambia.*

*{Lab Assistant confirms that program has started on all computers}*

Now please click the "OK" button in the center of the screen to move to the next screen. Again, you will make 24 decisions in this part of the study. In each decision, you will choose between a smaller EARLIER loss OR a larger LATER loss to be taken from your 1600 KSH that you are given to start with if task is chosen for payment. The easiest way to explain how you will make decisions is to show you an example.

For each decision that you will make, you will see a screen like the one that you have in front of you now. These two boxes show you **when** you will lose money. The box on the left shows the amount of money you will lose at the EARLIER time, and the box on the right shows the amount of money you will lose at the LATER time.

In this example, the EARLIER loss is 400 KSH and the LATER loss is 600 KSH (which will be taken from the 1600 KSH you are given to start with).

*Sasa, tafadhali guza “OK” button katikati ya skini kusonga kwa skrini ijayo. Katika sehemu hii ya utafiti, utafanya maamuzi ishirini na nne. Katika kila uamuzi, utachagua kati ya hasara ndogo ya mapema au hasara kubwa ya baadaye, itakayotolewa katika 1600 uliyopewa ya kuanza nayo, iwapo kazi hii itachaguliwa kwa ajili ya malipo.*

*Njia rahisi ya kueleza jinsi utakavyofanya uamuzi ni kwa kukuonyesha mfano.*

*Kwa kila uamuzi utakaofanya, utaona skrini kama uliyonayo mbele. Vijisanduku hivi vinakuonyesha wakati gani utapoteza pesa. Kisanduku kulicho kushoto kinakuonyesha kiwango cha pesa ambacho utapoteza mapema na kisanduku kilicho kulia kinakuonyesha kiwango cha pesa ambacho utapoteza.*

*Katika huu mfano, utapoteza MAPEMA shilingi 400 na BAADAYE shilingi 600 (ambayo itachukuliwa kutoka kwa shilingi 1600 uliyopewa ya kuanza nayo).*

#### [LEAD]:

Each decision will be different. You will decide if you want to receive the EARLIER loss or the LATER loss. There is no right or wrong answer - you just choose the loss that you prefer more. To choose the EARLIER loss, touch the green "CHOOSE THE EARLIER LOSS" button on the left side of the screen. To choose the LATER loss, touch the yellow "CHOOSE THE LATER LOSS" button on the right side of the screen. So, to make a decision, you touch the button, which is below the payment loss that you prefer. When you touch the button, its color will turn red. To confirm your decision, you touch the "OK" button at the bottom of you screen. You can change your decision before you touch the "OK" button.

*Kila uamuzi utakuwa tofauti. Utaamua ikiwa unataka kupoteza malipo ya MAPEMA au ya BAADAYE. Hakuna jibu sahihi au lisilo sahihi - utachagua malipo unayopendelea mno kupoteza. Kuchagua kupoteza malipo ya MAPEMA, guza button ya green iliyo kulia kwa skrini “CHAGUA KUPOTEZA MALIPO YA MAPEMA”. Kuchagua malipo ya BAADAYE guza button ya yellow iliyo kushoto kwa skrini “CHAGUA KUPOTEZA MALIPO YA BAADAYE”. Sasa kufanya uamuzi, unaguza button iliyo chini ya kupoteza malipo unayopendelea. Ukiguza button rangi yake itageuka kuwa red/nyekundu. Kuthibitisha uamuzi wako guza button ya “OK” iliyochini ya skrini yako. Unaweza badilisha uamuzi wako kabla ya kuguza button ya “OK”*

*{Pause to allow respondents to answer}*

**[LEAD]:**

Today, you will make decisions from this game in 3 different rounds. Each round will have 8 decisions. The dates of the EARLIER and the LATER losses will be different in every round. At the beginning of each round, the boxes on your screen will show you when the EARLIER and LATER losses will take place for all the decisions in that round, so please pay special attention.

*Leo utafanya maamuzi katika raundi tatu tofauti kwa mchezo huu. Kila raundi itakuwa na maamuzi nane. Tarehe ya malipo ya MAPEMA na BAADAYE itakuwa tofauti kwa kila raundi. Mwanzo wa kila raundi, kisanduku kilicho kwa skrini kitaonyesha lini malipo ya MAPEMA na ya BAADAYE yatakapo fanyika, kwa hivyo tafadhali kuwa makini.*

So for example, in this decision, can someone tell me when you will receive the EARLIER loss?

*Kwa mfano, kwa uamuzi huu, mmoja wenu anaweza nieleza ni lini atapokea malipo ya MAPEMA?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the EARLIER payment today. Now can someone tell me when you will receive the LATER loss?

*Hilo ni sawa, malipo mapema leo. Sasa nataka mtu anieleze ni lini atapoteza BAADAYE?*

*{Pause to allow respondents to answer}*

**[LEAD]:**

That's correct, you will receive the later loss in one week.

*Hiyo ni kweli, utapata malipo uliopoteza baada ya wiki moja.*

Within a round, the date of the EARLIER loss is the same for all decisions and the date of the LATER loss is the same for all decisions. All 24 decisions in this part of the study also have the same chance of being chosen, so you should think carefully about each decision. You will receive the loss that you chose - the EARLIER loss or the LATER loss - from the **payment decision if this game is randomly chosen as the payment game**. Are there any questions?

*Katikati ya raundi, tarehe ya malipo ya kupoteza ya MAPEMA ni sawa kwa kwa maamuzi zoe na tarehe ya malipo ya kupoteza kwa tarehe ya BAADAYE ni sawa kwa maamuzi yote. Maamuzi yote 24 katika sehemu hii ya utafiti iko na idadi sawa ya uwezekano wa kuchaguliwa, kwa hivyo fikiria kwa makini kwa kila uamuzi. Utapokea malipo uliyopoteza ambayo ulichagua -ya MAPEMA au ya BAADAYE - kutoka kwa malipo ya maamuzi ikiwa mchezo huu utachaguliwa bila mpangilio wowote kama ya mchezo wa malipo, Je kuna swali ?*

OK. Touch the OK button to go to the next screen.  
*Sawa. Gusa button ya OK kuenda kwenye skrini ifuatayo.*

### **LEAD**

**[LEAD]:**

Now we will start with a practice round. The practice round will be similar to the 3 later rounds you will play for real. In this practice round, you will make 4 decisions about how you want choose between an EARLIER date and a LATER date. This round is just for practice; these decisions will not be the payment decision.

*Sasa tutaanza na raundi la jaribio. Hili zoezi la jaribio litakua sawa na raundi 3 zinazofuata ambazo utacheza kwa kweli. Katika raundi hii ya jaribio, utafanya maamuzi 4 kuhusu vile unavyotaka kuchagua pesa kati ya tarehe ya MAPEMA na tarehe ya BAADAYE. Raundi hii ni ya jaribio tu; maamuzi haya hayatakua ya malipo.*

On your screen, you should see two dates. The date of the earlier payment is today and the date of the later payment is one week from today. Now please touch the "OK" button in the center of the screen and start making your decisions. Remember, you have 4 decisions to make in this practice round. After making each decision, touch the "OK" button to move forward.

*Katika screen yako, unafaa kuona tarehe mbili. Tarehe ya malipo ya mapema ni leo na tarehe ya malipo ya baadae ni wiki moja kutoka leo. Sasa tafadhali guza "OK" button iliyo katikati ya screen na uanze kufanya maamuzi yako. Kumbuka, una maamuzi 4 yakufanya katika raundi hii ya jaribio. Baada ya kufanya kila uamuzi, guza "OK" button kusonga mbele.*

### **Treatment ID: 9**

*{Lead: Start 9\_Stroop\_Instructions.ztt treatment. Walk around to confirm that Introduction has loaded on every participant's screen and then instruct participants to begin.}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions for this next game. You may follow along on the screen in front of you.

*Nitakusiomea maelezo ya mchezo unaofwatia. Unaweza fwata kwenye screen iliyo mbele yako.*

Please only use the touchscreen for this task. This game is called the arrows task. In this task, you will see an arrow on the screen. When the arrow is red, click on the green rectangle to the side of the screen that the arrow points to. For example, if the arrow points to the left, then you would click on the green rectangle on the left side of the screen. You should hold your hands

on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next three rounds will be for practice and will not count towards your payment. Please press the “OK” button to continue now.

*Tafadhali tumia touchscreen kwa huu mchezo. Huu mchezo unaitwa mchezo wa arrows. Katika kazi hii. utaona arrow kwa screen, ikiwa arrow ni red , bonyeza hapo kuna green kando ya screen penye arrow ina point. Kwa mfano, ikiwa arrow ina point kushoto, basi bonyeza kwenye rectangle ya green upande wa kushoto wa screen. Inafaa uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo. Raundi hizo zingine 3 zitakua za jaribio, haitahesbika katika malipo yako. Tafadhali bonyeza Ok ili kuendelea sasa.*

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*

I will read to you the instructions aloud. You may follow along on the screen in front of you.

Now this time, the arrows will be blue and you will touch the opposite side of the screen. For example, if the arrow is blue and points to the left, then you would touch the green rectangle on the right side of the screen since it is opposite. Remember to hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next three rounds will be for practice and will not count towards your payment. Please press the “OK” button to continue now.

*Nitakusomea maelezo kwa sauti. Unaweza fwata kwa screen iliyo mbele yako.*

*Sasa, arripws zitakua blue na utaguza upande wa opposite wa screen. Kwa mfano. ikiwa arrow ni blue na ina angalia kushoto, basi utaguza hapo rectangle ya green iliyo upande wa kulia kwa maana iko opposite. Kumbuka uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo Raundi 3 zinazofwata zitakua za jaribio na hazitahesabika kwa malipo yako. Tafadhali bonyeza OK ili kuendelea.*

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*

### **LEAD**

**[LEAD]:**

*{Read the following script which is also on the computer screen}*



I will read to you the instructions aloud. You may follow along on the screen in front of you.

*Nitakusomea maelezo kwa sauti. Unaweza fwata screen iliyo mbele yako.*

This will be the final practice round. This time you will see that some arrows will be blue and some will be red. When the arrow is red, touch the green rectangle on the same side as the arrow points to. However, when the arrow is blue, please touch the opposite side of the screen. For example, if the arrow is red and points to the left, you would touch the green rectangle on the left side of the screen. If the arrow is blue and points to the left, you would touch the green rectangle on the right side of the screen since it is the opposite side. Remember to hold your hands on each side of the screen near the green rectangles to allow yourself to make answers as fast as possible. The next six rounds will be for practice and will not count towards your final payment. Please press the “OK” button to continue now.

*Hii itakua jaribio la mwisho. Wakati huu uatona arrows zingine zitakua blue na zingine zitakua red. Wakati arrow ni red, guza rectangle ya green iliyo upande mmoja na penye arrow ina point. Ikiwa arrow ni ya blue, tafadhali guza upande wa opposite ya screen. Kwa mfano ikiwa arrow ni red na ina point kushoto, utaguza rectangle ya green iliyo upande wa kushoto wa screen. Ikiwa arrow ni ya blue na ina point kushoto, utaguza rectangle ya green upande wa kulia kwa sababu ni upande opposite. Kumbuka uweke mikono yako kwa kila upande wa screen karibu na vijisanduku vya green kuruhusu kuweka majibu haraka iwezekanavyo Raundi 6 zinazofwatia ni za majaribio na haita hesabika kwa malipo yako ya mwisho. Sasa bonyezxa OK ili kuendelea.*

*{Allow participants time to complete the three practice rounds, assisting if there are any questions}*



### **LEAD**

**[LEAD]:**

Great work. When you play this game later, you will have the chance to earn money if this task is chosen for payment.

*kazi njema. Ukicheza huu mchezo baadaye, utakuwa na nafasi ya kujipatia pesa kama hii shughuli itachaguliwa kwa malipo.*

### **TIMER**

**Timer:**  Fill in green box **C20 Intro to 2 tasks – start** when lead begins explanation for CTB/MPL. 

**Timer:**  Fill in green box **C21 Intro to 2 tasks - ends** when lead ends explanation for Stroop.



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\*\*\*\*\* INTERVIEW ROOMS \*\*\*\*\*

*{Lead: bring participants to their designated interview room; ensure they sit in their correct seat}*

*(Interview Room #1 = cubicleID 1-5; Interview Room #2 = cubicleID 6-10)*

*{Evaluators wait outside of the interview room while Lab Lead gives instructions to participants}*

## 9. TSST STARTS

*Note: this is the TREATMENT (Job Interview) Condition*

### 9a. TSST Instructions

#### **LEAD**

**[LEAD]:**

Okay, now it is time to explain what your task today will be.

*Sasa nitawaelezea shughuli mtakayofanya siku hii ya leo.*

In a moment, you will be asked to complete two tasks – a verbal task and a mathematic task. After each task, the evaluators will score and record your performance. These scores will be documented on each day of the study. On the last day of the study, one of the 7 days will be randomly chosen. Within that chosen day, one of the two tasks will be randomly chosen to be paid out. Among ten participants, the two people with the highest performance scores on the randomly chosen task will receive a monetary bonus. The total bonus is KSH 2500 and will be split amongst the two people, such that the person with the highest score earns KSH 1500 and the person with the second highest score receives KSH 1000. This bonus is in addition to the amount paid to each participant for his or her participation. Remember, both the day and task that is paid out is random, so you should give your best performance on each day and task to maximize your chance of winning the bonus.

*Kwa muda mfupi ujao, utaulizwa ukamilishe shughuli mbili- ya kuzungumza na ya kuhesabu. Baada ya kila shughuli, watathmini watawapa alama na kurekodi utendakazi wenu. Alama hizi zitachapishwa kila siku ya utafiti. Siku ya mwisho ya utafiti, moja ya siku 7 itachaguliwa bila mpangilio. Ndani ya siku hiyo itakayochaguliwa, mojawapo ya shughuli zile mbili zitachaguliwa bila mpangilio kwa malipo. Miongoni mwa washiriki kumi, watu wawili waliofanya vema zaidi katika shughuli iliyochaguliwa bila mpangilio watapokea bonus. Kwa*

*jumla, bonus ni shilingi 2500 na itagawanywa kati ya hao watu wawili. Aliyefanya bora zaidi atapokea shilingi 1500 na wa pili bora atapokea shilingi 1000. Pesa hizi za ziada inaongezwa juu ya ile ya kushiriki kwa utafiti. Kumbuka, siku na shughuli zitakazolipwa zitachaguliwa bila mpangilio. Kwa hivyo, unapaswa kutoa utendakazi wako bora katika kila siku na shughuli ili kuongezea nafasi yako ya kushinda bonus.*

Does anyone have any questions about the bonus?

*Kuna mtu ana swali kuhusu bonus?*

The first task we ask you to do is training for job interviews. You should imagine that you are invited to a job interview where you are asked to present yourself in a positive way. Try to think that you **NEED** this job. In other words, if you don't get the job because of your performance during the interview, then you cannot feed your family. You can freely choose for what kind of job you will be applying, and your presentation will be held in front of a panel of two evaluators. **Please note this is not a real job interview, and you will not be offered a job at the end of this study.** It is only intended as a training exercise.

*Jukumu la kwanza tunakuomba ufanye ni mafunzo kwa mahojiano ya kazi. Fikiria kwamba umealikwa kwenye mahojiano ya kazi ambapo umeambiwa ujiwasilishe vema. Jaribu kufikiria kwamba UNAHITAJI kazi hii. Kwa maneno mengine, kama hutapata kazi kwa sababu ya utendakazi wako wakati wa mahojiano, basi huwezi kulisha familia yako. Unaweza kua huru kuchagua aina ya kazi utakayokua unaomba, na maonyesho yako yatafanyika mbele ya jopo la watathmini wawili. Tafadhali kumbuka hii si kazi ya ukweli, na huwezi pewa kazi mwishoni wa utafiti huu. Lengo letu ni kuitumia tu kwa mafunzo*

## **TIMER**

**Timer:** ⌚ Fill in green box **C23 TSST Instructions – start** when lead begins explaining the instructions to the TSST. ⌚

## **9b. TSST Preparation Period**

### **LEAD**

**[LEAD]:**

*{If Day 1 and Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}  
or  
{If Day 7 and Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*

This is the interview preparation portion of the task. You will get 5 minutes to prepare a two-minute speech describing why you would be a good candidate for the job, **the job that you**

**need.** The job interview will be recorded with a video camera. Therefore, it is important to pay attention to your gesture and language. The panel will be observing and analyzing your verbal and nonverbal behavior and will take notes on your speech. After presenting yourself there will be a second task, which will be explained to you in more detail after the interview. These two tasks will take approximately 40 minutes to complete. If you have any questions, please let me know.

*Hii ni sehemu ya maandalizi kwa mahojiano ya kazi. Umepeewa dakika 5 ya kuandaa hotuba ya dakika mbili inayoelezea kwa nini unaweza kuwa mgombea mzuri kwa kazi hii, kazi ambayo unahitaji. Mahojiano ya kazi itarekodiwa na kamera ya video. Kwa hivyo, ni muhimu kuwa makini na ishara na lugha yako. Jopo litakua linaangalia na kuchambua tabia yako ya mawasiliano na ya ishara na kuchukua maelezo kuhusu hotuba yako. Baada ya kujiwasilisha kutakuwa na shughuli ya pili, ambayo utaelezewa kwa kina baada ya mahojiano. Shughuli hizi mbili zitachukua takriban dakika 40 kukamilisha. Kama una maswali yoyote, tafadhali nijulishe.*

You now have 5 minutes to prepare for the job interview training. You should prepare your answer to the following: “WHY DO YOU WANT THIS JOB AND WHAT MAKES YOU A GOOD CANDIDATE FOR THE JOB?” You may take notes, but you may not use these later during the interview. Please begin.

*Sasa una dakika 5 ya kujiandaa kwa ajili ya mahojiano ya kazi. Lazima ujiandae kujibu swali lifuatalo: KWA NINI UNATAKA KAZI HII NA NI KWA NINI UNAFIKIRIA UNaweza KUWA MGOMBEA BORA KWENYE KAZI HII?" Unaweza tengeneza notes lakini hutaruhusiwa kuzitumia baadaye wakati wa mahojiano. Tafadhali anza.*

*{If Day 1 and Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*

*or*

*{If Day 7 and Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}*

This is the interview preparation portion of the task. You will get 5 minutes to prepare a two-minute speech describing why you deserve this job, **the job that you need**. The job interview will be recorded with a video camera. Therefore, it is important to pay attention to your gesture and language. The panel will be observing and analyzing your verbal and nonverbal behavior and will take notes on your speech. After presenting yourself there will be a second task, which will be explained to you in more detail after the interview. These two tasks will take approximately 40 minutes to complete. If you have any questions, please let me know.

*Hii ni sehemu ya maandalizi kwa mahojiano ya kazi. Umepeewa dakika 5 ya kuandaa hotuba ya dakika mbili inayoelezea kwa nini unataka kazi hii, **kazi ambayo unahitaji**. Mahojiano ya kazi itarekodiwa na kamera ya video. Kwa hivyo, ni muhimu kuwa makini na ishara na lugha yako. Jopo litakua linaangalia na kuchambua tabia yako ya mawasiliano na ya ishara na kuchukua maelezo kuhusu hotuba yako. Baada ya kujiwasilisha kutakuwa na shughuli ya pili, ambayo utaelezewa kwa kina baada ya mahojiano. Shughuli hizi mbili zitachukua takriban dakika 40*

*kukamilisha. Kama una maswali yoyote, tafadhali nijulishe.*

You now have 5 minutes to prepare for the job interview training. You should prepare your answer to the following: “WHY DO YOU DESERVE THIS JOB AND WHAT DO YOU HAVE THAT NO OTHER CANDIDATE HAS?” You may take notes, but you may not use these later during the interview. Please begin.

*Sasa una dakika 5 ya kujiandaa kwa ajili ya mahojiano ya kazi. Lazima ujiandae kujibu swali lifuatalo: “MBONA KAZI HII INAKUFUWA WEWE NA NINI UNAYO AMBAYO MGOMBEA MWENGINE HANA?” Unaweza tengeneza notes lakini hutaruhusiwa kuzitumia baadaye wakati wa mahojiano. Tafadhali anza.*

## **TIMER**

*{Timer: Verify 5 minutes have elapsed and notify Lab Lead.}*

**Timer:** 🕒 Fill in green box **C24 Preparation Period – start** when the participants are instructed to begin preparing. 🕒

**Timer:** 🕒 Fill in green box **C25 Preparation Period - ends** when 5 minutes has elapsed and participants are told their preparation time is finished. 🕒

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## **9c. TSST Verbal Task: Speech Phase**

### **LEAD**

**[LEAD]:**

This is the interview portion of the task. Imagine that you need to get this job to feed your family. You will be called randomly by the number assigned to you at the beginning of the experiment to give your 2-minute speech and to answer questions that are presented to you. The entire job interview will be video-recorded. Remember, the panel in front of you will monitor and analyze both your verbal & nonverbal behavior and will make notes during your speech. You should answer each question to the best of your ability, as your performance during the session is rated. After the interview task, you will be given another task, which will be explained to you in more detail later. Do you have any questions?

If there are no [more] questions, I will leave the room and invite the panel in. Please follow all of their directions carefully.

*Hii ni sehemu ya mahojiano ya kazi. Fikiria kwamba unahitaji kupata kazi hii kulisha familia yako. Utaitwa na nambari uliyopewa mwanzoni mwa utafiti kutoa hotuba ya dakika 2 na*

*kujibu maswali utakayoulizwa. Mahojiano ya kazi itakuwa inarekodiwa kama video. Kumbuka, Jopo litakua linaangalia na kuchambua tabia yako ya mawasiliano na ya ishara na kuchukua maelezo kuhusu hotuba yako. Lazima ujibu kila swali kwa kadri ya uwezo wako, kwani utendakazi wako utakua unatathminiwa. Baada ya shughuli ya mahojiano, utapewa shughuli nyingine, ambayo utaelezewa kwa kina zaidi baadaye. Je, una maswali yoyote?*

*Kama hakuna [zaidi] maswali, nitaondoka na kukaribisha jopo. Tafadhali fuata maagizo yao kwa makini.*

*{Timer: Take away interview notes and turn on video camera}*

*{Lead: Exit and wait outside of the room for the duration of the TSST Speech (approximately 40 minutes)}*

---

## **EVALUATOR**

*{When LEAD leaves the room, EVALUATORS enter the room}*

*{ACTIVE EVALUATOR will speak from this point forward. All communication is in English: both instructions by the stressor and responses by the participants. If a respondent switches to Swahili, ask them: "Please speak in English."}*

*{PASSIVE EVALUATOR will keep track of stopwatch time in addition to Timer}*

*{BOTH EVALUATORS: DO NOT SMILE, DO NOT ENGAGE IN SMALL TALK, DO NOT BE FRIENDLY. MAINTAIN EYE CONTACT. BE STERN AND SERIOUS}*

*(Active Evaluator: Begin using Survey CTO)*

**[ACTIVE]:**

Good day. This is the interview portion of the task. We will ask each person questions and will be evaluating both your verbal answers & nonverbal behavior. Be sure to answer all questions to the best of your ability. You must speak loud and clear and in English only. Remember, your performance in this task is both being recorded and evaluated, for a chance to win the monetary bonus, so it is in your best interest to try your best. Lets begin.

*{PASSIVE: Start stopwatch. Reset stopwatch. Then repeat for each participant. In total, the 10 minutes (2 min x 5 participant) should not be exceeded!}*

*{ACTIVE: If the participant stops talking before 2 minutes are up, advise them that they still have some time}*

[ACTIVE]:

- (1) You still have time; please go on.
- (2) We will tell you when your time is up.
- (3) You must continue speaking until we tell you to stop.
- (4) We are not convinced; please continue.

*{Once 2 minutes are over, the participant will be interrupted.}*



[ACTIVE]:

Many thanks. That will do.

---

### **TIMER**

**Timer:**  Fill in green box **C26 Speech Task – start** when the first participant begins delivering their speech. 

**Timer:**  Fill in green box **C27 Speech Task – end** when the last participant finishes delivering their speech. 

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## **9d. TSST Verbal Task: Questions Phase**

### **EVALUATOR**

*{ACTIVE: Continue using SurveyCTO for the generation of questions.}*

*{PASSIVE EVALUATOR: keep track of stopwatch time. Notify Active Eval when 1 minute is up per question and rest stopwatch.}*

*{ACTIVE: If the participant stops talking before 1 min. is up, stare in silence or ask follow up questions – MAKE IT STRESSFUL}*

*{Once the 1 min. is up per question, the participant will be interrupted and the next question will be generated and delivered}*

[ACTIVE]:

You will now be called randomly by the number assigned to you at the beginning of the experiment to answer questions that are presented to you. We expect you to answer each

question to the best of your ability. Remember, your performance will be scored.

---

### **TIMER**

**Timer:** ⌚ Fill in green box **C28 Questions Phase – start** when the Active Evaluator asks the first participant a question. ⌚

**Timer:** ⌚ Fill in green box **C29 Questions Phase – end** when the last person asked a question finishes their answer. ⌚

---

### **EVALUATOR**

#### **[ACTIVE]:**

Thank you. We will now leave the room briefly to review your answers and score your performance on this task. Remain silently where you are and wait for our return.

*{PASSIVE EVALUATOR: stop the video recording & begin recording a new video}*

*{Evaluators leave the room to quickly fill out the “INTERVIEW” performance evaluation section for each participant; then return to the room when finished}*

*{Timer: Make sure participants remain silent and do not use their phones}*

---

### **9d. TSST Math Task**

### **TIMER**

**Timer:** ⌚ Fill in green box **C30 Math Task – start** when the first participant is given their start number and begins. ⌚

**Timer:** ⌚ Fill in green box **C31 Math Task – end** when the Active Evaluator tells the last participant that their time is up. ⌚

---

### **EVALUATOR**

*{Active: Begin using SurveyCTO and refer to the number spreadsheet on next page after presenting each participant with his/her start number}*



*{**Passive:** Start the stopwatch when participant is given their start number. Notify Active Eval when 2 minutes passes. Reset stopwatch. Repeat for each participant}*

*{Note: #s decrease across the page; **the BOLD numbers are possible starting #s**}*

**[ACTIVE]**

We will now explain the second exercise to you. It is an arithmetic task. Please count backwards from a particular number in steps of sixteen. Do this as fast and as error-free as it is possible for you. If you make a mistake, we will notify you, and then you will have to start again from the beginning. We will be grading you on your performance.

For example, if the start number is 3000, you should subtract 16 to get 2984. Then, you should subtract 16 from 2984 to get 2968, and so on.

<b><u>4878</u></b>	4862	4846	<b><u>4830</u></b>	4814	4798
<b><u>4782</u></b>	4766	4750	<b><u>4734</u></b>	4718	4702
<b><u>4686</u></b>	4670	4654	<b><u>4638</u></b>	4622	4606
<b><u>4590</u></b>	4574	4558	<b><u>4542</u></b>	4526	4510
<b><u>4494</u></b>	4478	4462	<b><u>4446</u></b>	4430	4414
<b><u>4398</u></b>	4382	4366	<b><u>4350</u></b>	4334	4318
<b><u>4302</u></b>	4286	4270	<b><u>4254</u></b>	4238	4222
<b><u>4206</u></b>	4190	4174	<b><u>4158</u></b>	4142	4126
<b><u>4110</u></b>	4094	4078	<b><u>4062</u></b>	4046	4030
<b><u>4014</u></b>	3998	3982	<b><u>3966</u></b>	3950	3934
<b><u>3918</u></b>	3902	3886	<b><u>3870</u></b>	3854	3838
<b><u>3822</u></b>	3806	3790	<b><u>3774</u></b>	3758	3742
<b><u>3726</u></b>	3710	3694	<b><u>3678</u></b>	3662	3646
<b><u>3630</u></b>	3614	3598	<b><u>3582</u></b>	3566	3550
<b><u>3534</u></b>	3518	3502	<b><u>3486</u></b>	3470	3454
<b><u>3438</u></b>	3422	3406	<b><u>3390</u></b>	3374	3358
3342	3326	3310	3294	3278	3262
3246	3230	3214	3198	3182	3166
3150	3134	3118	3102	3086	3070
3054	3038	3022	3006	2990	2974

2958	2942	2926	2910	2894	2878
2862	2846	2830	2814	2798	2782

*{ACTIVE: When a participant makes a mistake say the following}*

**[ACTIVE]:**

**“Wrong. Please start again at \_\_(*their number*)\_\_.”**

*{Active: Continue with following script when Passive Eval notifies you that time is up}*

**[ACTIVE]:**

Thanks, that will do.

*{Active: Continue SurveyCTO until all participants complete the task}*

**[ACTIVE]:**

Thank you for participating in this task. We will now leave the room to review and score your performance during that task. Please wait for further instructions from the Lab Lead.

***{PASSIVE EVALUATOR: stop video recording and turn off the video camera}***

***{BOTH EVALUATORS: leave the room and fill out the MATH performance evaluation section for each participant}***

***{Timer: At the conclusion of the math task, verify that the evaluators turned off the video camera before leaving the room}***

***{Lead: Return to the room at the conclusion of MATH TASK, as the evaluators leave}***

**LEAD**

**[LEAD]:**

Thank you for participating in that task. We will now return back to the computer room where you will be asked to complete a series of games and questionnaires. Please have a seat at the same station you were at earlier (the computer number that matches the number you were given at the beginning of the study).

*Asante kwa kushiriki katika shughuli hiyo. Tutarudi tena kwenye chumba cha kompyuta ambapo utaulizwa ukamilishe msururu wa michezo na maswali. Tafadhali keti kwenye kiti ulichokalia hapo awali (nambari ya kompyuta ambayo inalingana na nambari uliyopewa mwanzoni mwa utafiti).*

*{Lead: Lead the participants into the computer room and VERIFY they are seated in the correct cubicle}*

---

\*\*\*\*\* **COMPUTER ROOM** \*\*\*\*\*

## **10. SALIVETTE 2: ORANGE**

*{Participants should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. *{Pause to sip water}*  
Now, please take the **orange** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate,kurudia hatua sawa na hapo mbeleni.Tena, kamua mdomo kwa kukunywa maji kidogo.  
Sasa,chukua salivette ya ORANGE na uinue juu kwa mkono wako.*

*{Salivettes should be **ORANGE**; Confirm the salivette color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba.Wakati kila mtu ako tayari,utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

[LEAD]:

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba.Kumbuka usitafune kwa nguvu sana,na usiimeze.*

*{Timer: Set stopwatch for one minute}*

[LEAD]:

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Ahsante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

---

## **TIMER**

**Timer:** 🕒 Record the **time since tsst (how many minutes and seconds after the tsst task) and clock time** in green boxes **Salivette 2:orange** when participants begin chewing on the cotton swab in **cells D34 and C34 respectively.** 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **11. STRESS\_VAS\_2**

**Treatment ID: 10**

### **LEAD**

[LEAD]:

Now, I ask that you fill out a question on the computer before you.

*Sasa, naomba ujaze swali kwenye kompyuta lililoko mbele yako.*

*{Lead: Start 10\_StressVAS\_2 zTree treatment. Walk around to confirm that Stress\_VAS\_2 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

2. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*

---

**TIMER**

**Timer:** ⌚ Fill in green box **C35 Stress VAS 2** when *10\_StressVAS\_2* started on zTree. ⌚

---

**12. TASK Series 1– Please see Measures Protocol**

**LEAD**

**[LEAD]:**

Later on in the session, you will have to repeat the task where you count backwards from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Baadaye katika kikao hiki, utarudia shuguli ambapo utahesabu ukirudi nyuma kutoka nambari fulani, kwa wakati huu utafanya hiyo kwa muda mrefu. Tafadhali weka hii akilini ukikamilisha shughuli zifuatazo.*

*{Lead: Complete either 1 or 2 tasks such that salivette 3 is taken as close to 25 min. after TSST as possible.}*

---

**TIMER**

**Timer:** ⌚ If there is **ONE** task, fill in green box **E36** with the name of the task. Fill in green box **C36 Task Series 1 - begins** when first task begins. Fill in green box **C38 Task Series 1 - ends** when first task ends. ⌚

**Timer:** ⌚ If there are **TWO** tasks, fill in green box **E36** with the name of the **first task** and green box **E37** with the name of the **second task**. Fill in green box **C36 Task Series 1 - begins** when first task begins. Fill in green box **C37 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C38 Task Series 1 - ends** when second task ends. ⌚

---

*{Begin instructions for Salivette 3 AFTER task series 1 completed.}*

### 13. SALIVETTE 3: BLUE

*{Participant should rinse their mouths prior to collecting saliva}*

#### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)

Now, please take the **BLUE** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni. Tena, kamua mdomo kwa kukunywa maji kidogo. (Pause to sip water)*

*Sasa, chukua salivette ya BLUE na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be **BLUE**. Confirm color by having respondents hold up Salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Sasa unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze.*

*{Lead: Set stopwatch for **1 minute**; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Ahsante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

---

### **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 3: blue** when participants begin chewing on the cotton swab in **cells D39 and C39 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

### **14. STRESS\_VAS\_3**

**Treatment ID: 11**

*{Lead: Start 11\_StressVAS\_3 zTree treatment. Walk around to confirm that StressVAS\_3 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

3. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*

---

### **TIMER**

**Timer:** 🕒 Fill in green box **C40 Stress VAS 3** when *11\_StressVAS\_3* starts on zTree.

---

### **15. TASK Series 2– Please see Measures Protocol**

#### **LEAD**

**[LEAD]:**

Remember that later on in the session, you will have to repeat the task where you count backwards from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba baadaye katika kikao hiki, utarudia shughuli ambapo utahesabu ukirudi*



*nyuma kutoka namba fulani, kwa wakati huu utafanya hiyo kwa muda mrefu. Tafadhali weka hii akilini ukikamilisha shughuli zifuatazo.*

*{Lead: Complete either 1 or 2 tasks such that salivette 4 is taken as close to 50 min. after TSST as possible.}*

---

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box **E41** with the name of the task. Fill in green box **C41 Task Series 2 - begins** when first task begins. Fill in green box **C43 Task Series 2 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E41** with the name of the **first task** and green box **E42** with the name of the **second task**. Fill in green box **C41 Task Series 2 - begins** when first task begins. Fill in green box **C42 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C43 Task Series 2 - ends** when second task ends. 🕒

---

*{Begin instructions for Salivette 4 AFTER task series 2 completed.}*

## **16. SALIVETTE 4: GREEN**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **GREEN** salivette and hold it up in your hand.  
*Sasa tutakuuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni.  
Tena, kamua mdomo kwa kukunywa maji kidogo  
Sasa, chukua salivette ya GREEN na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be **GREEN**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton

swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Sasa unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze.*

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana, sasa unaweza kutoa pamba, tafadhali iweke tena ndani ya chupa, funga na uweke juu ya meza yako.*

---

## **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 4: green** when participants begin chewing on the cotton swab in **cells D44 and C44 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **17. STRESS\_VAS\_4**

**Treatment ID: 12**

*{Lead: Start 12\_StressVAS\_4 zTree treatment. Walk around to confirm that StressVAS\_4 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna*

*kabisa na 100 sana zaidi*

3. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*

### **TIMER**

**Timer:** 🕒 Fill in green box **C45 Stress VAS 4** when *I2\_StressVAS\_4* starts on zTree.

## **18. Task Series 3 – Please see Measures Protocol**

### **LEAD**

**[LEAD]:**

Remember that later on in the session, you will have to repeat the task where you count backwards from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba baadaye katika kikao hiki, utarudia shughuli ambapo utahesabu ukirudi nyuma kutoka nambari fulani, kwa wakati huu utafanya hiyo kwa muda mrefu. Tafadhali weka hii akilini ukikamilisha shughuli zifuatazo.*

*{Lead: Complete either 1 or 2 tasks such that salivette 5 is taken as close to 75 min. after TSST as possible.}*

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box **E46** with the name of the task. Fill in green box **C46 Task Series 3 - begins** when first task begins. Fill in green box **C48 Task Series 3 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E46** with the name of the **first task** and green box **E47** with the name of the **second task**. Fill in green box **C46 Task Series 3 - begins** when first task begins. Fill in green box **C47 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C48 Task Series 3 - ends** when second task ends. 🕒

*{Begin instructions for Salivette 5 AFTER task series 3 completed.}*

## 19. SALIVETTE 5: YELLOW

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water) Now, please take the **YELLOW** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni.*

*Tena,kamua mdomo kwa kukunywa maji kidogo*

*Sasa, chukua salivette ya YELLOW na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be **YELLOW**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu sana, na usiimeze*

*{Lead: Set stopwatch for **1 minute**; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana. Sasa unaweza kutoa pamba tena. Tafadhali irudishe kwa chupa. Ifunike, na uiweke tena kwa meza*

## **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 5: yellow** when participants begin chewing on the cotton swab in cells D49 and C49 respectively. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **20. STRESS\_VAS\_5**

**Treatment ID: 13**

*{Lead: Start 13\_StressVAS\_5 zTree treatment. Walk around to confirm that StressVAS\_5 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

3. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

## **TIMER**

**Timer:** 🕒 Fill in green box **C50 Stress VAS 5** when 13\_StressVAS\_5 starts on zTree.

---

## **21. Task Series 4– Please see Measures Protocol**

### **LEAD**

**[LEAD]:**

Remember that later on in the session, you will have to repeat the task where you count backwards from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba baadaye katika kikao hiki, utarudia shughuli ambapo utahesabu ukirudi nyuma kutoka nambari fulani, kwa wakati huu utafanya hiyo kwa muda mrefu. Tafadhali weka*

*hii akilini ukikamilisha shughuli zifuatazo.*

*{Lead: Complete either 1 or 2 tasks such that salivette 6 is taken as close to 100 min. after TSST as possible.}*

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box **E51** with the name of the task. Fill in green box **C51 Task Series 4 - begins** when first task begins. Fill in green box **C53 Task Series 4 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E51** with the name of the **first task** and green box **E52** with the name of the **second task**. Fill in green box **C51 Task Series 4 - begins** when first task begins. Fill in green box **C52 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C53 Task Series 4 - ends** when second task ends. 🕒

*{Begin instructions for Salivette 6 AFTER task series 4 completed.}*

## **22. SALIVETTE 6: RED**

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier.

Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)

Now, please take the **RED** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, tutarudia hatua sawa na hapo mbeleni, Tena, kamua mdomo kwa kukunywa maji kidogo. (Pause to sip water)*

*Sasa, chukua salivette ya RED na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be RED; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika*

*moja,kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu mingi,na usiimeze*

*{Lead: Set stopwatch for 1 minute; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana.Sasa unaweza toa pamba tena.Tafadhali irudishe kwa chupa, funika, rudisha tena kwa meza.*

---

## **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 6: red** when participants begin chewing on the cotton swab in **cells D54 and C54 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

---

## **23. STRESS\_VAS\_6**

**Treatment ID: 14**

*{Lead: Start 14\_StressVAS\_6 zTree treatment. Walk around to confirm that StressVAS\_6 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where

0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

3. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

### **TIMER**

**Timer:** 🕒 Fill in green box **C55 Stress VAS 6** when *14\_StressVAS\_6* starts on zTree.

---

### **24. Task Series 5– Please see Measures Protocol**

### **LEAD**

**[LEAD]:**

Remember that later on in the session, you will have to repeat the task where you count backwards from a particular number, this time performing the task for even longer. Please keep this in mind as you complete the following tasks.

*Kumbuka kwamba baadaye katika kikao hiki, utarudia shughuli ambapo utahesabu ukirudi nyuma kutoka nambari fulani, kwa wakati huu utafanya hiyo kwa muda mrefu. Tafadhali weka hii akilini ukikamilisha shughuli zifuatazo.*

*{Lead: Complete either 1 or 2 tasks such that salivette 7 is taken as close to 125 min. after TSST and after all questionnaires/tasks are completed as possible.}*

---

### **TIMER**

**Timer:** 🕒 If there is **ONE** task, fill in green box **E56** with the name of the task. Fill in green box **C56 Task Series 5 - begins** when first task begins. Fill in green box **C58 Task Series 5 - ends** when first task ends. 🕒

**Timer:** 🕒 If there are **TWO** tasks, fill in green box **E56** with the name of the **first task** and green box **E57** with the name of the **second task**. Fill in green box **C56 Task Series 5 - begins** when first task begins. Fill in green box **C57 (If 2<sup>nd</sup> task) 2<sup>nd</sup> Task – begins** when the second task begins. Fill in green box **C58 Task Series 5 - ends** when second task ends. 🕒



*{Begin instructions for Salivette 7 AFTER task series 5 completed.}*

## 25. SALIVETTE 7: BLACK

*{Participant should rinse their mouths prior to collecting saliva}*

### **LEAD**

**[LEAD]:**

We will now ask you to provide another saliva sample, repeating the same steps as earlier. Again, please rinse your mouth by drinking a sip of water. (Pause to sip water)  
Now, please take the **BLACK** salivette and hold it up in your hand.

*Sasa tutakuliza kutoa sampuli ingine ya mate, kurudia hatua sawa na hapo mbeleni, Tena, kamua mdomo kwa kukunywa maji kidogo  
Sasa, chukua salivette ya BLACK na uinue juu kwa mkono wako.*

*{Lead: Salivettes should be **BLACK**; Confirm color by having respondents hold up the salivette}*

**[LEAD]:**

Please open it and remove the cotton swab. When everyone is ready, you will chew the cotton swab for 1 minute, as you did before.

*Tafadhali ifungue na utoe pamba. Wakati kila mtu ako tayari, utatafuna pamba kwa dakika moja, kama ulivyofanya hapo mbeleni.*

*{Verify that all participants are ready with cotton swab}*

**[LEAD]:**

You may now begin chewing the cotton swab. Remember not to chew too hard, and do not swallow it.

*Unaweza anza kutafuna pamba. Kumbuka usitafune kwa nguvu mingi, na usiimeze*

*{Lead: Set stopwatch for **1 minute**; Timer should confirm}*

**[LEAD]:**

Many thanks. Now you can remove the cotton swab again. Please put it back in the container, close it, and place it back on your table.

*Asante sana. Sasa unaweza toa pamba tena. Tafadhali irudishe kwa chupa funika, rudisha tena kwa meza.*

---

### **TIMER**

**Timer:** 🕒 Record the time since tsst (how many minutes and seconds after the tsst task) and clock time in green boxes **Salivette 7: black** when participants begin chewing on the cotton swab in **cells D59 and C59 respectively**. 🕒

**\*\*Note:** Seconds entered in column D should always be positive\*\*

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## **26. STRESS\_VAS\_7**

**Treatment ID: 15**

*{Lead: Start 15\_StressVAS\_7 zTree treatment. Walk around to confirm that StressVAS\_7 has loaded on every participant's screen and then instruct participants to begin.}*

Please click on the line to indicate the degree to which you feel this emotion right now, where 0 means “not at all” and 100 means “very much”.

*Tafadhali gusa kwa line kuonyesha asilimia ya vile unahisi kwa sahi. Ambapo 0 means hakuna kabisa na 100 sana zaidi*

3. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

---

### **TIMER**

**Timer:** 🕒 Fill in green box **C60 Stress VAS 7** when *15\_StressVAS\_7* started on zTree

---

## **27. GENERAL QUESTIONNAIRE**

**Treatment ID: 16**

*{Lead: Start 16\_GeneralQuestionnaire zTree treatment. Walk around to confirm that GeneralQuestionnaire has loaded on every participant's screen and then instruct participants to begin.}*

### **LEAD**

**[LEAD]:**

I will read to you the instructions for this questionnaire. You may follow along on the screen in front of you.

*Nitakusomea maagizo ya hii questionnaire Pia unaweza kujisomea jinsi ilivyoandikwa kwenye skrini yako.*

*{Read the following script which is also on the computer screen}*

The purpose of the following questions is to learn a little bit more about you and your current situation. For each question, please answer as accurately as possible. Press the "OK" button after you have made your choice for each question.

*Tunakuuliza hayo maswali ili tuweze kukuelewa zaidi na pia kuelewa hali yako ya sasa.Kwa kila swali tafadhali peana jibu la kweli iwezekanavyo. Bonyeza “OK” baada ya kufanya maamuzi kwa kila swali.*

Press the Continue button now to begin.

*Bonyeza continue button sasa,tuanze*

57. Please indicate your gender.

*Tafadhali onyesha jinsia yako.*

58. How old are you (in years)? (range restricted to 18-50 years)

*Uko na miaka mingapi?*

59. How tall are you (in feet and inches)? For example, if you are 5 feet 3 inches, please enter 53. (range restricted to 40-65 feet and inches)

*Wewe ni mrefu kiasi gani? (in feet and inches) kwa mfano,kama una urefu wa 5 feet 3 inches,tafadhali bonyeza 53.*

60. How much do you weigh (kg)? (range restricted to 35-87 kg)

*Unauzito kiasi gani? (Kg)*

61. What is your marital status? (single, living with partner, married)

*Hali yako ya ndoa ni ipi?*

62. How many siblings do you have? (range restricted to 0-20 siblings)

*Uko na ndugu wangapi?*

63. How much money do you earn per month (in KSH)? (range restricted 0-200000 KSH)

*Unapata pesa ngapi kwa mwezi (KSH)?*

64. How much spending money do you normally have per month, AFTER rent, taxes, bills, etc. (in KSH)? (range restricted 0-200000 KSH)

*Unazo pesa ngapi za kutumia kwa kawaida kila mwezi, baada ya kulipa nyumba?*

65. How much money do you typically spend in a week (in KSH)? (range restricted 0-50000 KSH)

*Je, wewe hutumia pesa ngapi kwa jumla kwa kawaida kila wiki?*

66. How much money did you spend on the Monday of this week (in KSH)? (range restricted 0-20000 KSH)

*Ulitumia kiasi gani cha pesa Jumatatu ya wiki hii?*

67. How many people depend entirely on your income? If none, enter zero. (range restricted to 0-20 dependents)

*Ni watu wangapi wanategemea mapato yako kikamilifu? Ikiwa hakuna, weka sufuri.*

68. Are you ENTIRELY supported by someone else financially, without earning own money?

*Je, unasaidiwa kifedha kikamilifu na mtu mwingine, bila ya kuwa na mapato yako kibinafsi?*

69. Do you do any work for which you are paid money?

*Je unafanya kazi yoyote ambayo unalipwa?*

70. Do you do this work regularly (i.e. every week)?

*Je wewe hufanya kazi hii kila wiki?*

71. Are you employed or self-employed?

*Je umeajiriwa au umejiajiri?*

72. How often are you paid?

*Je wewe hulipwa baada ya?*

73. Are you currently in debt?

*Je, sasa unadeni?*

74. Did you smoke today?

*Umevuta sigara leo?*

75. Did you drink alcohol, tea, or coffee today?

*Umekunywa pombe, chai au kahawa leo?*

76. Did you eat or drink (anything besides water) in the 2 hours before you arrived today?

*Je umekula au kula (kitu kingine isipokuwa maji) saa mbili kabla kufika hapa?*

77. Did you perform intense exercise (for example: cycling, weightlifting, or engaging in sexual activity) in the 2 hours before you arrived today?

*Je, ulifanya zoezi ngumu (kwa mfano: kuendesha baiskeli, kunyanyua uzani au ngono) saa mbili kabla kufika hapa?*

78. At what time did you wake up today? (4:00 4:30.... 10:30am)

*Leo umeamka saa ngapi?*

79. At what time did you go to bed yesterday? (9pm...3:30am)

*Ulienda kulala saa ngapi jana(9pm...3:30am)*

80. What is the highest level of education you have completed?

*Umefikisha kiwango kipi cha juu cha mosomo?*

81. Do you trust that your study earnings will be paid to you on the chosen dates?

*Je unaamini kwamba malipo yako ya utafiti yatalipwa kwa tarehe zilizochaguliwa?*

82. Now I want you to think about today. Do you think that you have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?

*Sasa nataka ufikiri juu ya ambayo ni leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?*

83. Now I want you to think about two weeks from today. Do you think that you will have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?



*Sasa nataka ufikiri juu ya ambayo ni wiki mbili kuanzia leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?*



84. Now I want you to think about four weeks from today. Do you think that you will have about as much money/cash as is typical for you, less money/cash than is typical for you, or more money/cash than is typical for you?

*Sasa nataka ufikiri juu ya ambayo ni wiki nne kuanzia leo. Je, unafikiri utakuwa na karibu pesa kiasi/pesa taslimu ambayo ni kawaida yako, pesa kidogo/pesa taslimu kuliko ambayo ni kawaida kwako, au pesa zaidi/pesa taslimu kuliko ambayo ni kawaida kwako?*

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## **TIMER**

**Timer:**  Fill in green box **C61 General Questionnaire - start** when *16\_GeneralQuestionnaire* started on zTree. 

**Timer:**  Fill in green box **C62 General Questionnaire - end** when *16\_GeneralQuestionnaire* ends on zTree. 

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## **28. GUESSING MODULE**

**Treatment ID: 17**

*{Lead: Start 17\_GuessingModule\_treatment on tablets. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

**[LEAD]:**

We are now going to ask you some questions about how you think you performed today.  
*Sasa tutakuuliza maswali mengine kuhusu unavyofikiria umetendakazi leo.*

4. In which place would you rank your performance on the speech and interview tasks compared to the other members of your group? (select one)

*Ni mahali gani utaweka utendaji wako kwa shughuli ya kujieleza na mahojiano ikilinganishwa na washiriki wengine wa kundi? (Chagua moja)*

1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>      4<sup>th</sup>      5<sup>th</sup>

5. In which place would you rank your performance on the math task compared to the other members of your group?

*Ni mahali gani utaweka utendaji wako kwa shughuli ya hesabu ikilinganishwa na washiriki wengine wa kundi chako?*

1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>      4<sup>th</sup>      5<sup>th</sup>

6. How confident are you in your rating of your performance today relative to your peers? (Please click on the line to indicate how confident you are)



*Una ujasiri kiasi gani leo katika kuweka utendaji wako ikilinganishwa na wenzako?*

- 1- Not at all Confident
- 2- Slightly Confident
- 3- Moderately Confident
- 4- Very Confident
- 5- Extremely Confident

---

## **TIMER**

**Timer:**  Fill in green box **C63 Guessing Module - start** when *17\_GuessingModule* started on zTree. 

**Timer:**  Fill in green box **C64 Guessing Module - end** when *17\_GuessingModule* ends on zTree. 

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## **29. FINAL PAYMENT SCREEN**

**Treatment ID: 18**

*{Open 18\_Payment\_Day1.ztt OR 18\_Payment\_Day7.ztt, depending on which day it is. If it is Day 1, most screens should be blank. If it is Day 7, all participants should see something on their screens.}*

## **LEAD**

**[LEAD]:**

You have completed all of the questionnaires and tasks required in today's session. Many thanks for your participation! **You will only be paid for one of these tasks completed on either day 1 or day 7.** First, please enter your seat number into the computer. It is important that you enter your seat correctly to receive payment at the end of the week.

In a moment, the computer will randomly select whether you will be paid today and the task for which you will be paid. Remember, the computer will randomly choose from the telephone task, jars task, arrows task, slider matching, or the financial decisions task to be paid based on your performance in that game.

*Umekamilisha maswali na shughuli za utafiti wa leo. Asante sana kwa kushiriki utafiti wa leo. Utalipwa na moja ya shughuli hizi uliokamilisha siku ya kwanza au ya saba.*

*Kwanza bonyeza nambari ya kiti chako kwa komputa. Ni muhimu uweke nambari ya kiti visahihi ndio uweze kupokea malipo yako mwishoni mwa wiki.*

*Baada ya muda, kompyuta itachagua bila mpangilio wowote kama utalipwa leo na ni shughuli gani italipwa. Kumbuka kompyuta itachagua bila mpangilio wowote kama shughuli ya telephone, jars, arrows, slider au shughuli ya maamuzi ya kifedha italipwa kulingana na utendakazi wako kwa hio shughuli.*

***{If Day 1, use the following script}***

Today we thank you for your participation with 650 KSH and an additional KSH 50 if you showed up on time. Today, we will only show you your earnings if a choice in the financial decisions task with payment today was chosen for payment OR if your choice in the telephone task requires you to call today. If you see it on the screen, please make a note of the task that was chosen for payment and the amount that you will be paid.

Otherwise you will find out which task was chosen for payment and the amount you will be paid on Day 7.

Also remember, in addition to the payment you will receive from the computer games, you also have the opportunity to be a winner of the KSH 2500 bonus from the verbal and arithmetic tasks if you are one of the two highest performing among 10 people.

*Asante kwa kushiriki leo. Utapokea shilingi 650 na shilingi 50 ya ziada ikiwa ulifika mapema. Leo tutakuonyesha tu mapato ikiwa chaguo lako kwa michezo ya kifedha limechaguliwa ama kama chaguo lako kwa mchezo wa kupiga simu inakuhitaji kupiga leo. Ukiiona kwa screen, tafadhali hakikisha umejua ni shughuli gani imechaguliwa kwa malipo na kiwango utakacholipwa.*

*Hata hivyo, utajua ni shughuli gani itakayochaguliwa kwa malipo na kiwango utakayolipwa siku ya saba.*

*Pia kumbuka, kando na malipo yako utakayopata kutoka kwa michezo ya kompyuta, unayo fursa ya kuwa mshindi wa KSH 2500 ya ziada kutoka kwa shughuli ya mahojiano na ya hesabu ikiwa utakuwa mmoja kati ya wawili wenye alama za juu kati ya watu 10.*

***{If Day 7, use the following script}***

When you see it on the screen, please make a note of the task that was chosen for payment and the amount that you will be paid.

*Utakapoona malipo yako kwa skrini, zingatia ni kazi gani imechaguliwa kwa malipo na kiasi cha pesa utakayolipwa.*

Your final payment that was displayed shows you the total amount of money that you earned today and includes the show up fee, transport fee, and payment for one of the tasks that was randomly selected. This money will be transferred by MPesa to the phone number you gave us when you registered.

*Malipo yako ya mwisho uliyo yaona kwa skrini yanaonyesha mapato yako uliyo yapata siku ya leo na ni pamoja na pesa ya kushiriki, nauli na malipo ya mojawapo ya kazi ambayo imechaguliwa bila mpangilio wowote. Pesa hii itatumwa kwa njia ya Mpesa kwa nambari amabayo ulitupatia wakati ulikuwa unajiandikisha.*

- If the financial decisions task was randomly chosen for payment, you will receive an earlier and later payment based on one of the decisions you made during the experiment.

*Ikiwa kazi ya uamuzi wa kipesa ndio imechaguliwa kwa malipo, utapokea malipo ya karibuni na ya baadaye kulingana na mojawapo ya maamuzi uliyofanya wakati wa utafiti.*

- If the slider matching task was randomly chosen for payment, you will receive 10 KSH for each correct match in Round 1, a bonus of 50 KSH if you correctly guessed the number correct, and 20 KSH for each correct match in Round 2 if you met your goal.

*Ikiwa kazi ya kulinganisha slider ndio imechaguliwa kuwa ya malipo, utapokea shilingi 10 kwa kila moja ambayo ni sahihi kwa raundi ya 1, bonus ya shilingi 50 ikiwa ulibahatisha na ukapata sahihi, utapokea shilingi 20 kwa kila moja ambayo umepata sahihi kwa raundi ya 2 ikiwa umefikia lengo lako.*

- If the arrows task was randomly chosen for payment, you will receive 25 KSH for each arrow that you chose correctly and lose 30 KSH for every 10 seconds you spent answering.



*Ikiwa kazi ya arrows imechaguliwa kuwa ya malipo, utapokea shilingi 25 kwa kila arrow ambayo umechagua sahihi na kupoteza shilingi 30 kwa kila sekunde 10 utatumia kujibu.*

- If the telephone task was randomly chosen for payment, you will receive 500 KSH one month from today if you call Busara on the date selected from one of your choices in the game. Please see the lab assistant before leaving if the telephone task was chosen for payment, so that we can remind you of the dates you will have to call Busara.

*Ikiwa kazi ya simu imechaguliwa kuwa ya malipo, utapokea shilingi 500 mwezi moja kutoka leo kama utawasiliana na Busara kwa tarehe iliyochaguliwa kuotokana na kazi hiyo. Tafadhali ongelesha mmoja wetu ikiwa malipo itaamuliwa na huu mchezo wa simu ili kueleza tarehe ya kuwasiliana na busara.*

- If the jars task was randomly chosen for payment, you will be paid based on one of the decisions between Jar A and Jar B that you made during the experiment.

*Ikiwa kazi ya mkebe ndio imechaguliwa kwa malipo, utalipwa kulingana na maamuzi uliyofanya wakati wa utafiti kati ya mkebe A au B*

The computer randomly decided which task you will receive payment for in addition to your show up fee. If you have any questions about this, please ask the lab staff before leaving.

*Kompyuta imechagua bila mpangilio yeyote ile kazi utalipwa nayo na pia mtaweza kupata malipo zaidi ya kukubali kushiriki. Ukiwa na swali yeyote tafadhali uliza mmoja wetu kabla kutoka.*

**Timer:** ⌚ Fill in green box **C65 Final Payment Screen – start** when *FinalPaymentScreen* begins on zTree. ⌚

### 30. TSST Mental Arithmetic Task: round 2

*{EVALUATORS: should be waiting in the interview rooms with lab coats on when Lead brings participants in for Math Task round 2 – be ready with SurveyCTO}*

#### **LEAD**

**[LEAD]:**

Now, please follow me as we return to the other rooms for one final task. Please sit in the chair labeled with your seat number given to you at the beginning of the study.

*Sasa, tafadhali mnifuata tukirudi kwenye chumba kingine kwa ajili ya shughuli moja ya mwisho. Tafadhali keti kwenye kiti iliyo na nambari yako uliyopewa mwanzoni mwa utafiti.*

*{Lead: Bring participants into their designated interview rooms}  
(Interview Room #1 = cubicleID 1-5; Interview Room #2 = cubicleID 6-10)*

## **ACTIVE**

**[ACTIVE]:**

You will now repeat the same procedure you have done earlier.

We will provide you with a four-digit start number. You should count backwards from that particular number in steps of sixteen, this time for longer. Do this as fast and as error-free as it is possible for you. If you make a mistake, we will notify you, and then you will have to start again from the beginning. We will be grading you on your performance.

Just as before, your performance score for this task will be recorded and could possibly be chosen for payment of the bonus. The two persons with the highest performance scores on the randomly chosen task will receive the monetary bonus. The total bonus is KSH 2500 and will be split amongst the two people, such that the person with the highest score earns KSH 1500 and the person with the second highest score receives KSH 1000. This bonus is in addition to the amount paid to each participant for his or her participation. Remember, it is in your best interest to give your best performance on every task during the study duration to maximize your chance of winning the bonus.

Let's begin.

---

## **TIMER**

**Timer:** ⌚ Fill in green box **C67 Math Task (round 2) – start** when the first participant is given their start number and begins. ⌚

**Timer:** ⌚ Fill in green box **C68 Math Task (round 2) – end** when the Active Evaluator tells the last participant that their time is up. ⌚

---

## **EVALUATOR**

*{Active: Begin using SurveyCTO and refer to the number spreadsheet on next page after presenting each participant with his/her start number}*

*{Passive: Start the stopwatch when participant is given their start number. Notify Active Eval when 4 minutes passes. Reset stopwatch. Repeat for each participant}*

*{Note: #s decrease across the page; the **BOLD** numbers are possible starting #s}*

<b><u>4878</u></b>	4862	4846	<b><u>4830</u></b>	4814	4798
<b><u>4782</u></b>	4766	4750	<b><u>4734</u></b>	4718	4702
<b><u>4686</u></b>	4670	4654	<b><u>4638</u></b>	4622	4606
<b><u>4590</u></b>	4574	4558	<b><u>4542</u></b>	4526	4510
<b><u>4494</u></b>	4478	4462	<b><u>4446</u></b>	4430	4414
<b><u>4398</u></b>	4382	4366	<b><u>4350</u></b>	4334	4318
<b><u>4302</u></b>	4286	4270	<b><u>4254</u></b>	4238	4222
<b><u>4206</u></b>	4190	4174	<b><u>4158</u></b>	4142	4126
<b><u>4110</u></b>	4094	4078	<b><u>4062</u></b>	4046	4030
<b><u>4014</u></b>	3998	3982	<b><u>3966</u></b>	3950	3934
<b><u>3918</u></b>	3902	3886	<b><u>3870</u></b>	3854	3838
<b><u>3822</u></b>	3806	3790	<b><u>3774</u></b>	3758	3742
<b><u>3726</u></b>	3710	3694	<b><u>3678</u></b>	3662	3646
<b><u>3630</u></b>	3614	3598	<b><u>3582</u></b>	3566	3550
<b><u>3534</u></b>	3518	3502	<b><u>3486</u></b>	3470	3454
<b><u>3438</u></b>	3422	3406	<b><u>3390</u></b>	3374	3358
3342	3326	3310	3294	3278	3262

3246	3230	3214	3198	3182	3166
3150	3134	3118	3102	3086	3070
3054	3038	3022	3006	2990	2974
2958	2942	2926	2910	2894	2878
2862	2846	2830	2814	2798	2782

*{ACTIVE: When a participant makes a mistake say the following}*

**[ACTIVE]:**

**“Wrong. Please start again at \_\_(*their number*)\_\_.”**

*{Active: Continue with following script when Passive Eval notifies you that time is up}*

**[ACTIVE]:**

Thanks, that will do.

*{Active: Continue SurveyCTO until all participants complete the task}*

**[ACTIVE]:**

Thank you for participating in this task. We will now leave the room to review and score your performance during that task. Please wait for further instructions from the Lab Lead.

---

## **31. REMOVAL OF HR DEVICES**

**LEAD**

**[LEAD]:**

Thank you for that. Now, I will save the information that the equipment has been collecting. Please do not remove the straps until I tell you individually that it is ok to remove them.

If you need help removing the strap, please ask and I will assist. If you prefer to leave the room to remove the strap in private, please do so and then return to the room with the device.

Please remain seated and I will attend to each of you individually.

*Asante kwa hilo. Sasa, nitaweka habari ambayo kifaa kimekuwa kikikusanya. Tafadhali usiondoe straps mpaka nitakapokwambia kwamba ni sawa kuondoa.*

*Kama unahitaji msaada wa kuondoa kamba, tafadhali uliza nami nitakusaidia. Kama unapendelea kuondoa kamba kwa siri, tafadhali unaweza toka uende utoe kisha urudi ndani na kifaa hicho.*

*Tafadhali endelea kuketi na nitahudumia kila mmoja wenu.*

*{Lead: Stop the recording of data on each phone in the Polar App.}*

---

**Timer:** ⌚ Fill in green box **C69 HR measurement ends** when the Evaluators begin disconnecting the HR straps. ⌚

---

## 32. DEBRIEF

### Day 1 Script

*{If Day 1, use the following script}*

#### [LEAD]:

Thank you for your participation in the study. Our study today was interested in the effects of stress on the body. We are very sorry if you felt very uncomfortable completing the verbal or math task today. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed as a result of your participation.

*Asante kwa kushiriki katika utafiti. Utafiti wetu leo ulikuwa unachunguza athari za stress mwilini. Tunasikitika iwapo ulikuwa na stress au wasiwasi wakati wa utafiti. Sasa, kama uko na swali lolote au maoni kuhusu shughuli mliofanya leo, unaeza nijulisha, sanasana kama unahisi kuwa mgonjwa au umedhohofika kwa sababu ya kushiriki kwako.*

We thank you very much for having participated today! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always

looking for new participants.

*Tunakushukuru sana kwa kushiriki leo, na tunatumai utakuja tena tukikualika wakati mwingine. Kumbuka majibu uliyopatia ni ya siri na hakuna atakaye julishwa nje ya timu ya utafiti. Pia kuwa huru kuambia marafiki zako kuhusu busara; tunatafuta washiriki wapya kila wakati.*

You will get paid KSH 650 for your participation and transport today, plus an additional KSH 50 if you showed up on time. You will receive a portion of this money in cash before you leave today, and the remaining amount will be transferred to the phone number you gave us when you registered by MPesa this afternoon.

*Utalipwa shilingi 650 kwa kushiriki na nauli Pamoja na shilling hamsini kwa kufika mapema. Utapokea sehemu ya pesa hizi taslimu kabla ya kuondoka leo, na kiasi iliyobaki itatumwa kwa nambari ya simu uliyotupatia wakati wa kusajiliwa na Mpesa leo mchana.*

The computer randomly decided which task you will receive payment for in addition to your show up fee. If you have any questions about this, please ask the lab staff before leaving.

*Kompyuta imeamua bila mpangilio shughuli ambayo utapokea malipo nayo pamoja na malipo ya kushiriki katika utafiti. Kama una maswali yoyote kuhusu hili, tafadhali uliza wafanyakazi wa lab kabla ya kuondoka.*

Finally, we asked you continue with this study over the next 6 days. Kindly arrive to **[location]** at **[time]** tomorrow. The session will last about 1 hour 30 minutes. Remember that you will be paid KSH 350 for your participation, plus KSH 50 bonus if you arrive on time, and even more money if you follow through and complete all 6 daily sessions.

*Mwisho, tutakuuliza kuendelea na huu utafiti kwa siku sita zifuatazo. Tafadhali fika kwa eneo la (Place and address) saa (time) leo. Utafiti utachukua takriban saa moja na dakika thelathini. Kumbuka utalipwa shilingi 350 kwa kushiriki, na tena utapokea shilingi hamsini kama bonus ikiwa ulifika mapema bila kuchelewa, na hata utapata pesa zaidi kama utashiriki kwa siku zote sita kila siku.*

By showing up tomorrow, you give yourself a chance to be a winner of the KSH 2500 bonus if you are among one of the top two performers on the day and task that is randomly chosen to be paid out. If you do not show up, you have no chance of winning the monetary bonus if that day is chosen. Therefore, it is in your best interest to show up and give your best effort to perform to the best of your ability on all tasks tomorrow.

*Kwa kushiriki kesho, unaingia kwa nafasi ya kuwa mshindi wa KSH 2500 ya ziada kama wewe utakuwa mmoja kati ya washindi wawili bora kwa shughuli na siku itakayochaguliwa bila mpangilio kwa malipo. Kama hautashiriki kwa siku 7 hautakuwa na nafasi ya kushinda pesa za ziada kama siku hoyo itachaguliwa. Kwa hivyo, ni kwa maslahi yako kushiriki na kutoa juhudi yako bora kadri ya uwezo wako kwa shughuli zote za kesho.*

Please remember not to drink alcohol, drink coffee, or smoke at all during the 7-day study period, especially before the session. Also, you should not eat, drink liquids other than water,

or engage in strenuous physical activity, including sexual activity, during the last 2 hours before the session tomorrow. If you have any questions about this, please ask before you leave today.

*Tafadhali kumbuka usikunywe pombe, kahawa, au sigara kwa siku saba ya utafiti, hasa kabla ya kikao. Pia, haustahili kukula, kunywa chochote isipokuwa maji, au kushiriki katika shughuli za kimwili zinazohitaji nguvu nyingi kama vile shughuli za ngono masaa 2 kabla ya kikao cha kesho. Kama una maswali yoyote kuhusu hili, tafadhali uliza kabla ya kuondoka leo.*

The session has finished. Please pack up your things now and join me. Wait in the waiting room until we pay you. Please give me the placecard on the way out. Thank you very much!

*Session imeisha, tafadhali kusanya vitu vyako kisha unifuata, Subiri kwenye chumba cha kungejea hadi tukulipe. Tafadhali nirudishie placecard ukitoka nje. Asante sana.*

## Day 7 Script

*{If Day 7, use the following script}*

Thank you for your participation in the study. Our study this week was interested in how stress affects behavior, and the situation was created to make you feel stressed. We are very sorry if you indeed did feel stressed out or uncomfortable during the study, but please know that any side effects should wear off in a few hours. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed as a result of your participation.

*Asante kwa kushiriki katika utafiti. Utafiti wetu leo ulikuwa unachunguza athari za stress mwilini. Shughuli uliokamilika leo iliundwa kufanya ujisikie mwenye stress. Tunasikitika iwapo ulikua na stress au wasiwasi wakati wa utafiti lakini jua kwamba madhara yoyote itaisha baada ya masaa machache. Sasa, kama uko na swali lolote au maoni kuhusu shughuli mliofanya leo, unaeza nijulisha, sanasana kama unahisi kuwa mgonjwa au umedhoofika kwa sababu ya kushiriki kwako.*

We thank you very much for having participated today, and hope that you will come again when we invite you next time! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

*Tunakushukuru sana kwa kushiriki leo, na tunatumai utakuja tena tukikualika wakati mwingine. Kumbuka majibu uliyopatiana ni ya siri na hakuna atakaye julishwa nje ya timu ya utafiti. Pia kuwa huru kuambia marafiki zako kuhusu Busara; tunatafuta washiriki wapya kila wakati.*

You will get paid KSH 650 for your participation and transport today, plus an additional KSH 50 if you showed up on time. You will receive a portion of this money in cash before you leave today, and the remaining amount will be transferred to the phone number you gave us when you registered by MPesa this afternoon. If you attended all 7 sessions, you will receive an additional 300 KSH bonus.

*Utalipwa shilingi 650 kwa kushiriki na nauli Pamoja na shilling hamsini kwa kufika mapema. Utapokea sehemu ya pesa hizi taslimu kabla ya kuondoka leo, na kiasi iliyobaki itatumwa kwa nambari ya simu uliyotupatia wakati wa kusajiliwa na Mpesa leo mchana. Kama ulihudhuria vikao vyote 7, utapata malipo ya ziada ya silingi 300.*

The session has finished. Please pack up your things now and join me. Wait in the waiting room until we pay you. Please give me the placecard on the way out. Thank you very much!

*Session imeisha, tafadhali chukua virago vyako na unifuata, tafadhali ngoja kwa waiting room mpaka ulipwe. Tafadhali nirudishie visitor's card ukitoka nje. Asante sana.*

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### **TIMER**

**Timer:** 🕒 Record the **clock start time** when the **debrief begins in box C70** 🕒

**Timer:** 🕒 Record the **clock time** when the debrief/session ends in cells **C71** and **B4**. 🕒



# TSST

## Protocol – “Field”

### (Days 2 – 6)

# CONTROL CONDITION

#### SESSION OVERVIEW

Estimated Start Time	Steps	Stopwatch Time
0 min.	0. Participant Identification 1. Welcome	
5 min.	2. Chronic Life Stressors Questionnaire (day 2 only) 3. <b>TSST STARTS</b> a. ~2 min instructions	Start: 0 min, End: 5 min

	b. 5 minute preparation c. Questions task on Survey CTO d. Mental Arithmetic task (2 min per person)	Start: 0 min, End: ~20 min Start: 0 min, End: 10 min
	4. PANAS_1 (ztree) 5. Guessing Module (ztree) 6. General Questionnaire (ztree)	
	7. Debrief	

### **TSST Procedure and Script**

Legend:

\*\*\*\*\* **LOCATION** \*\*\*\*\*


[User in brackets]

Scripted instructions are framed

*{Directions in braces and italics}*

 Record on Timesheet 

*{**Timer:** Verify you have a pen, clock, countdown timer, blank timesheet prior to start of session}*

**Timer:**  **Fill in** green boxes in **rows 1 through 4** with Session, Date, 24HR Start Time, Lab Lead (name), Timer (name), Evaluators 1 and 2 (names).

\*\*\*\*\* **WAITING ROOM** \*\*\*\*\*

## **0. PARTICIPANT IDENTIFICATION**

### **1. WELCOME**

*{**Lead:** Bring participants into the waiting room}*

*{**Timer:** 1. keeps track of overall time using pen and paper; 2. assists Lab Lead in answering participant questions [if any] or helping them with procedural actions [such as tablet issues, equipment issues, etc]; and 3. maintains equipment}*

**LEAD**

**[LEAD]:**

Hello everyone! I see all participants are present, thank you all for showing up today to

participate. You are about to continue in a study that investigates the effects of stress on the body. Please do not switch your place cards with another participant. If you do not have the original card you were given at arrival, please raise your hand. We will begin in just one minute.

*Habari nyote! Naona washiriki wote wamefika, asanteni nyote kwa kuja kushiriki leo. Mtashiriki kwa utafiti ambao unachunguza matokeo kusumbuka kimawazo mwilini. Tafadhali usibadilishe kadi uliopewa hapo awali na mshiriki mwingine. Kama huna kadi ya awali ambayo ulipewa ulipofika tafadhali inua mkono. Tutaanza baada ya dakika moja.*

**[LEAD]:**

Before we start I request five things.

First, please ensure that your phones are switched off COMPLETELY. You may not set them to silent or standby. We do this so that you can focus on the task without distraction.

Second, it is important that you refrain from communicating with other participants. This also helps you to concentrate. If you talk to other people, we will have to send you home and you cannot get paid.

Third, please do not touch the tablets unless instructed to do so.

Fourth, if you are chewing gum, be so kind to take it out now.

Finally, please use the bathroom now, or you will have to wait until the session is over in about **1 hour**. It may, therefore, be a good idea to go now, even if it is not urgent.

*Kabla tuanze, nauliza mambo matano.*

*Kwanza, tafadhali hakikisha kuwa simu zimezimwa kabisa. Tunafanya hivi ili uweze kumakinika na kazi bila vurugu yoyote.*

*Pili, ni muhimu usiongee na washiriki wengine. Hii pia inakusaidia kumakinika, kama utaongea na watu wengine tutakuuliza kuondoka bila malipo yoyote.*

*Tatu, usiguze kibao kama hatujakuuliza kufanya hivyo.*

*Nne, kama unatafuna 'gum' tafadhali itoe sasa.*

*Mwisho, tafadhali tumia bafu sasa, au sivyo utangoja hadi utafiti utakapoisha kwa muda wa saa moja. Kwa hivyo ni vizuri uende sasa hata kama sio ya dharura.*

*{Allow time to go to the bathroom and comply with above instructions}*

If you have any questions during the session, please raise your hand and one of the researchers will come and talk to you.

*Kama utakuwa na masawali yoyote wakati wa utafiti tafadhali inua mkono mmoja wa watafiti atakuja kukuongelea.*

Are everyone's phones off?

*Simu ya kila mmoja imezimwa?*

Please find the tablet with the number on your placecard, and sit down. Again, remember that you are not allowed to speak to each other from now on, and please wait to touch the tablets until we instruct you to do so.

*Tafadhali tafuta kibao kilicho na nambari yako na ukae. Tena kumbuka kuwa hujaruhusiwa kuongea na mtu mwingine kuanzia sasa kuendelea, na tafadhali usiguze kibao mpaka uelezewe kufanya hivyo.*

---

## **TIMER**

**Timer:**  Fill in the green box **C9 Welcome** when session welcome begins 

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## **\*\*\*\*\* INTERVIEW ROOMS \*\*\*\*\***

*{Lead: bring participants to their designated interview room; ensure they sit in their correct seat}*

*(Interview Room #1 = cubicleID 1-5; Interview Room #2 = cubicleID 6-10)*

*{Evaluators wait outside of the interview room while Lab Lead gives instructions to participants}*

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## **2. CHRONIC LIFE STRESSORS QUESTIONNAIRE ON TABLET (Day 2 Only)**

### **LEAD**

*{Lead: Note that if any participant does not want to answer a question, we can swipe in the tablet to skip the question. However, please monitor the room carefully to ensure that participants are not frequently skipping questions. }*

### **[LEAD]:**

Please answer the following questions about yourself. Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers. If you have any questions or are uncomfortable answering a question, please raise your hand. Please press **OK** when you are ready to continue.

*Tafadhali jibu maswali yafuatayo kuhusu wewe mwenyewe. Tafadhali jaribu kuwa mwaminifu uwezavyo na jaribu mno jibu ya swali moja isiathiri jibu ya swali nyingine. Hakuna jibu sahihi ama lisilo sahihi.*

Overall in the last 12 months, how hard would you rate your life on a scale?

*Kwa ujumla katika miezi 12 iliyopita, ni ngumu vipi kurate maisha yako kwa skeli?*

- not at all hard

*Sio ngumu hata kidogo*

- a little hard  
*Ngumu Kidogo*

- hard

*Ngumu*

- very hard

*Ngumu sana*

- incredibly hard

*Ngumu zaidi*

All things considered, how satisfied are you with your life as a whole these days?

*Mambo yote yakizingatiwa, ni jinsi gani unaridhishwa na maisha yako kwa ujumla siku hizi?*

- dissatisfied

*Huridhiki*

- a little dissatisfied

*Huridhiki kidogo*

- neutral

*Katikati*

- a little satisfied

*Unaridhika kidogo*

- satisfied

*Unaridhika*

(For each of the following, the options are: Never, Almost never, Sometimes, Fairly often, Very often)

*Kwa kila moja ifuatayo, chaguo ni:hata kamwe, wakati mwingine,mara kwa mara,mara nyingi*

- In the last month, how often have you been upset because of something that happened unexpectedly?

*Kwa mwezi uliopita, ni mara ngapi umehisi kukasirika kwa sababu ya kitu kilichotendeka ambayo hukutarajia?*

- In the last month, how often have you felt that you were unable to control the important things in your life?

*Kwa mwezi uliopita, ni mara ngapi umehisi umeshindwa kudhibiti vitu muhimu katika maisha yako?*

- In the last month, how often have you felt nervous and stressed?

*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na uoga na msongo wa mawazo?*

- In the last month, how often have you felt confident about your ability to handle your personal problems?

*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na ujasiri kuhusu uwezo wako wa kusuluhisha shida zako?*

- In the last month, how often have you felt that things were going your way?

*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa mambo yanatendeka/yanaenda jinsi utakavyo?*

- In the last month, how often have you found that you could not cope with all the things that you had to do?

*Kwa mwezi uliopita, ni mara ngapi umehisi kushindwa kukabiliana na vitu vyote*

*ulivyopaswa kufanya?*

- In the last month, how often have you been able to control irritations in your life?  
*Kwa mwezi uliopita, ni mara ngapi umeweza kudhibiti mambo yanayokuudhi katika maisha yako?*
- In the last month, how often have you felt that you were on top of things?  
*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na uwezo wa kudhibiti?*
- In the last month, how often have you been angered because of things that were outside of your control?  
*Kwa mwezi uliopita, ni mara ngapi umekasirishwa na mambo yaliyokushinda kutatua?*
- In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?  
*Kwa mwezi uliopita, ni mara ngapi umehisi shida zinakua nyingi kadri ya uwezo wako?*

Life has its ups and downs. What events have happened to you in the past 12 months? (For each the options are: Yes, No)

*Maisha ina panda shuka zake. Ni jambo lipi limeweza kutendeka maishani mwako kwa miezi 12 iliyopita? (Kwa kila moja, utachagua ndio au la)*

- Death of a spouse  
*Kifo cha mke au mume*
- Divorce  
*Talaka*
- Marital separation  
*Kutengana kwa ndoa*
- Imprisonment  
*Kufungwa jela*
- Death of a close family member  
*Kifo cha mmoja wa familia yako*
- Personal injury or illness  
*Kuumia au kuugua*
- Marriage  
*Ndoa*
- Dismissal from work  
*Kufukuzwa kazini*
- Marital reconciliation  
*Kupatanishwa kwa ndoa*
- Retirement  
*Kustaafu*
- Change in the health of a family member  
*Kubadilika kiafya ya mmoja wa familia yenu*
- Pregnancy  
*Kuwa mjamzito*
- Sexual difficulties  
*Ugumu wa ngono*
- Gain of a new family member  
*Kuongezeka upya wa mmoja wa familia yenu*

- Business readjustment  
*Kurekebisha biashara*
- Change in financial state  
*Kubadilika kifedha*
- Death of a close friend  
*Kifo cha rafiki yako wa dhati*
- Change to a different line of work  
*Kubadilisha kazi*
- Change in the frequency of arguments  
*Kubadilika kwa uzoefu wa kujibizana*
- Major mortgage or loans, high rental costs  
*Mkopo maalum, bei ya juu ya kukodisha*
- Foreclose of mortgage or loan, or eviction  
*Kufungia mkopo au kufukuzwa*
- Change in responsibilities at work  
*Kubadilika kwa majukumu kazini*
- Child leaving home  
*Mtoto kuondoka nyumbani*
- Trouble with in-laws  
*Shida na wakwe*
- Outstanding personal achievement  
*Mafanikio bora ya kibinafsi*
- Spouse starts or stops works  
*Mpenziwe aanze au kuacha kufanya kazi*
- Beginning or end school  
*Kuanza au kuacha shule*
- Change in living conditions  
*Kubadilika kwa hali ya maisha*
- Revision of personal habits  
*Kukagua upya tabia zako*
- Trouble with your boss  
*Shida na mwajiri wako*
- Change in working hours or conditions  
*Kubadilika kwa masaa za kazi au hali*
- Change in residence  
*Kubadilisha makazi*
- Change in schools  
*Kubadilisha shule*
- Change in recreation  
*Kubadilisha burudani*
- Change in religious activities  
*Kubadilisha shughuli za kidini*
- Change in social activities  
*Kubadilisha shughuli za kijamii*
- Minor mortgage or loan

- *Mkopo usio wa maana sana*
- Change in sleeping habits  
*Kubadilisha tabia za kulala*
- Change in number of family reunions  
*Kubadilisha muungano wa familia*
- Change in eating habits  
*Kubadilisha tabia za kula*
- Vacation  
*Likizo*
- Major Holiday  
*Sikukuu maalum*
- Minor violation of law  
*Ukiukaji kidogo wa sheria*
- Death or kidnapping of a child  
*Kifo au utekaji nyara wa mtoto*
- Rape  
*Ubakaji*
- Physical or emotional violence  
*Vurugu wa kimwili au kihisia*
- Prolonged illness of any child younger than 18 years (*Clarify that this is any child IN the participants' household*)  
*Kuugua kwa muda mrefu wa mtoto chini ya miaka 18 (Hakikisha kuwa huyu ni mtoto wa anayeshiriki)*
- Prolonged illness of any adult 18 years and older (*Clarify that this is any child IN the participants' household*)  
*Kuugua kwa muda mrefu kwa mtu mzima zaidi ya miaka 18 (Hakikisha kuwa huyu ni mtoto wa anayeshiriki)*
- Prolonged job loss  
*Kupoteza kazi kwa muda mrefu*
- Loss of a job of any household member.  
*Kupoteza kazi kwa mtu yeyote wa familia*
- Loss of business or unexpected decrease in business income  
*Kupoteza biashara au kupungua kwa mapato ya biashara kusikotarajiwa*
- Loss of business of any household member  
*Kupoteza biashara kwa mtu yeyote wa familia*
- Fire  
*Moto*
- Theft  
*Wizi*
- Unexpected/unanticipated change in rent  
*Kubadilika kwa kodi ya nyumba kusikotarajiwa*
- Any other major loss not mentioned  
*Hasara kubwa ingine yoyote ambayo haijatajwa*
- Major and/or chronic financial problems  
*Shida za kifedha sugu au maalum*



- Minor financial problems  
*Shida ndogo za kifedha*

Of the following event, can you tell us if you ever experienced them? If you have experienced multiple instances of the event, please report for the most recent event.

*Katika matukio yafuatayo,tunaomba utuelezee kama umewahi kumbana na moja wapo. Kama umekumbana nazo kwa wingi, tueleze ile iliyofanyika hivi karibuni*

- Have you ever experienced the death of a parent? (Yes, No)  
*Umewahi poteza mzazi wako?(Ndio, La)*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama ndio) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, Zaidi ya miaka 15 iliyopita*
- (If yes:) How did the death of your parent impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*(Kama Ndio:) Kifo cha mzazi wako kilikuathiri kivipi?( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
*( Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo? (Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a death of a close friend or an immediate family member, other than your parents?  
*Umewahi mpoteza rafiki yako wa dhati au mmoja wa familia yako kando na wazazi wako?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- (If yes:) How did the death of a close friend or immediate family member other than your parents impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*( Kama Ndio: ) Kifo cha rafiki yako wa dhati au mmoja wa familia yako kando na wazazi wako kilikuathiri kivipi? (Hakikukisikitisha kamwe,kidogo, katikati, kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a serious illness/accident?  
*Umewahi kuwa mgonjwa sana au kupata ajali?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka*

*5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*

- How did the serious accident or illness impact you? (*not at all distressing, slightly, neutral, moderately, extremely*)  
*Uliathirika kivipi na ugonjwa au ajali hiyo? ( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (*not at all, slightly, some, moderately, a great deal*)  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a serious illness/accident of a member of your close family?  
*Je, kuna mtu yeyote katika familia yako ambaye amewahi kuwa mgonjwa sana au kupata ajali?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the serious accident or illness of a member of your close family impact you? (*not at all distressing, slightly, neutral, moderately, extremely*)  
*Uliathirika kivipi na ugonjwa au ajali hiyo ya mmoja wa familia yako? (Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (*not at all, slightly, some, moderately, a great deal*)  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a situation of physical or emotional violence?  
*Je, umewahi patwa na tukio la kuvurugika kimwili au kihisia?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the situation of physical or emotional violence impact you? (*not at all distressing, slightly, neutral, moderately, extremely*)  
*Uliathirika kivipi na tukio hilo la kuathirika kimwili au kihisia?( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (*not at all, slightly, some, moderately, a great deal*)  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a serious financial problems  
*Je, umewahi pitia shida kuu ya kifedha?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*

*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*

- How did the serious financial problems impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*

*Shida hiyo ya kifedha kilikuathiri kivi? ( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*

- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*

*(Kama Ndio:) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*



Please press true or false to the statements below that best fit your own beliefs.

*Tafadhali bonyeza true or false kwa kauli zifuatazo kulingana na jinsi unavyoamini wewe mwenyewe.*

- My life is determined by my own actions  
*Maisha yangu inaamuliwa na hatua zangu mwenyewe*
- I am usually able to protect my personal interests  
*Mimi huwa na uwezo wa kulinda maslahi yangu binafsi*
- I can pretty much determine what will happen in my life  
*Nina uwezo wa kuamua kile kitakachofanyika maishani mwangu*
- To a great extent, my life is controlled by accidental happenings  
*Kwa kiasi kikubwa, maisha yangu inadhibitiwa na tukio za ajali*
- Often there is no chance of protecting my personal interest from bad luck happening  
*Mara nyingi hakuna nafasi ya kutunza maslahi yangu kutoka kwa tukio za bahati mbaya*
- When I get what I want, it is usually because I am lucky  
*Nipatapo ninachotaka, huwa ni kwa sababu nina bahati*
- People like myself have very little chance of protecting our personal interests where they conflict with those of strong pressure groups  
*Watu kama mimi wana nafasi kidogo sana ya kulinda maslahi yetu yanapozozana na ya vikundi vyenye ushawishi mkubwa*
- My life is chiefly controlled by powerful others  
*Maisha yangu inadhibitiwa hasa na watu wengine wenye nguvu*
- I feel like what happens in my life is mostly determined by powerful people  
*Nahisi kuwa kinachotendeka maishani mwangu mara mingi inaamuliwa na watu wenye nguvu*

### **TIMER (Day 2 only)**

**Timer:**  Fill in green box **C11 Chronic Stress Survey (starts)** when *Chronic Stress Survey* started on tablets. 

**Timer:**  Fill in green box **C12 Chronic Stress Survey (ends)** when *Chronic Stress Survey* ends on tablets. 

### **3. TSST STARTS**

*Note: this is the CONTROL (Common Day) Condition*

### 3a. TSST Instructions

#### LEAD

#### [LEAD]:

Okay, now it is time to explain what your task today will be.

*Haya, sasa nitawaelezea mtakachofanya kwa shughuli ya leo.*

In a moment, you will be asked to complete two tasks – a verbal task and a mathematic task. After each task, the panel will reward you with two tickets, one for each task completed, which will be entered into a drawing to receive a monetary bonus. The winners of the bonus is based on pure luck, such that each participant will have the same probability of winning the extra money.

**Your performance in each of the tasks will NOT be evaluated nor effect the likelihood of winning the bonus.** You will receive these tickets on each day you participate in the task, and on the last day of the study, one of the 7 days will be randomly chosen. Within that chosen day, one of the two tasks will be randomly chosen to be paid out. Two out of ten participants will be picked at random to receive the monetary bonus. The total bonus is KSH 2500 and will be split amongst the two people, such that the person whose ticket is drawn first will receive KSH 1500 and the person whose ticket is drawn second will receive KSH 1000. This bonus is in addition to the amount paid to each participant for his or her participation. Remember, both the day and task that is paid out is random, so it is in your best interest to show up on each day of the study.

*Hivi punde, utaulizwa kukamilisha shughuli mawili-shughuli ya kujibu maswali na shughuli ya hesabu. Baada ya kila shughuli, jopo litawapatia tiketi mbili, moja ya kila shughuli ulilokamilisha, ambalo litawekwa kwa draw ili uweze kupata pesa ya ziada. Ushindi wa pesa ya ziada unategemea bahati, kwa hivyo kila mshiriki ako na nafasi ya kushinda pesa ya ziada. Utendaji wako katika kila shughuli haita tathminiwa wala haitadhuru uwezo wako wa kushinda pesa za ziada. Utapokea tiketi hizi siku zote ambazo utashiriki katika shughuli hii, na katika siku ya mwisho ya utafiti, siku moja kati ya siku saba itachaguliwa bila mpangilio wowote. Kwa siku hiyo ambayo imechaguliwa, shughuli moja kati ya shughuli mbili mtakazo zifanya itachaguliwa kufanyiwa malipo. Wawili kati ya washiriki kumi watachaguliwa bila mpangilio wowote kupokea pesa za ziada. Pesa za ziada ni KSH 2500 na itagawanywa kwa watu wawili, kwa ivyo mtu ambaye tikiti lake litachaguliwa ya kwanza atapokea shilingi 1500 na mtu ambaye tikiti lake litachaguliwa la pili atapokea KSH 1000. Pesa hii ya ziada inaongezwa kwa pesa yako ya kushiriki. Kumbuka kuwa, siku na shughuli itakayolipwa haina mpangilio wowote wa kuchaguliwa, kwa hivyo ni jukumu lako kuja kila siku ya utafiti.*



Does anyone have any questions about the bonus?

*Kunaye yeyote ana swali kuhusu pesa za ziada?*

In the first task you are asked to talk about yourself and a common day in your life. You may want to think about what happened within the last days, or how you usually spend your day. Details about your day might include what time you get up, what you do after that, who you spend the day with, what your favorite animal is, or whatever you want to talk about describing your preferences or a typical day in your life. The main purpose of this task is for us to get to know you.

*Kwa shughuli ya kwanza utaulizwa uzungumzie kuhusu siku yako halisi katika maisha yako. Unaweza zungumzia kuhusu yaliyotendeka katika siku za hapo awali au jinsi unavyotumia muda wako wa siku. Inaweza kuwa jinsi siku yako huanza wakati unapoaamka, kazi unazofanya, jinsi unatumia muda wako wa siku na hata mnyama unayempenda sana au chochote kile unachotaka kuzungumzia au siku halisi katika maisha yako. Cha muhimu katika utafiti huu ni sisi kupata fursa ya kukujua vizuri.*

### **TIMER**

**Timer:**  Fill in green box **C14 TSST Instructions – start** when lead begins explaining the instructions to the TSST. 

### **3b. TSST Preparation Period**

#### **LEAD**

**[LEAD]:**

*{If Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*

This is the preparation portion of the task. You will get 5 minutes to prepare the description of your common day and things that you enjoy. After the preparation you will have 2 minutes to share your thoughts aloud. **Please note, what you share aloud will not be recorded, or evaluated.** Please make sure you speak audibly. However, you do not need to talk loud nor need your talking be understandable to anyone as no one will be judging your performance. You may speak in whichever language you are most comfortable speaking in. Two people will be sitting in the room while you do this, but neither will evaluate your performance, she and/or he will only give you instructions about what to do; these two people are only interested in having a conversation to learn more about you and how you spend your days. After this task there will be another short task, which will be explained to you in detail later. **Your performance in this task will not be evaluated either.**

These two tasks will take about 40 minutes to complete. If you have any questions, please let me know.

*Hii ndio maandalizi ya sehemu ya kazi. Uko na dakika 5 ya kuandaa maelezo ya siku yako ya kawaida na mambo ambayo unafurahia. Baada ya maandalizi utakuwa na dakika 2 ya kutueleza mawazo yako kwa sauti. Tafadhali kumbuka, unachotueleza kwa sauti hautarekodiwa, wala kutathminiwa. Tafadhali hakikisha umeongea kwa sauti. Hata hivyo, huna haja ya kuzungumza kwa sauti kubwa wala kuzungumza iliueleweke na mtu yeyote kwa kua hakuna mtu atakayechunguza utendaji wako. Unaweza zungumza kwa lugha yoyote unayopenda. Watu wawili wataketi katika chumba wakati unazungumza, lakini hataangalia utendaji wako, watakupa maelezo ya utakayofanya, watu hao wawili wana haja tu ya kuwa na mazungumzo ya kutaka kukujua zaidi na namna unavyotumia muda wa siku yako. Baada kazi hii kutakuwa na kazi nyingine fupi, ambayo wataielezea kwa kina baadaye. **Utendaji wako katika kazi hii haitatathminiwa pia.***

*Kazi hizi mbili itachukua muda wa dakika 40 kukamilisha. Kama una maswali yoyote, tafadhali nijulishe.*

You now have 5 minutes to prepare to tell us WHAT YOU DO ON A TYPICAL DAY. Remember, this is not about performance, and you'll neither be observed nor graded on what you share. You may take notes and use these notes during the talk. Please begin.

*Sasa, una dakika tano kujitayarisha ili utupatie maelezo ya KILE UNACHOFANYA KWA SIKU YAKO YA KAWAIDA. Kumbuka, hii si kwa ajili ya jinsi utakavyojieleza, na hautatathminiwa wala kupewa alama kwa yale utatuambia. Unaweza andika maelezo na kuzitumia wakati wa kazi hii. Tafadhali tuanze.*

***{If Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}***

This is the preparation portion of the task. You will get 5 minutes to prepare the description of your common day and things that you enjoy. After the preparation you will have 2 minutes to share your thoughts aloud. **Please note, what you share aloud will not be recorded, or evaluated.** Please make sure you speak audibly. However, you do not need to talk loud nor need your talking be understandable to anyone as no one will be judging your performance. You may speak in whichever language you are most comfortable speaking in. Two people will be sitting in the room while you do this, but neither will evaluate your performance, she and/or he will only give you instructions about what to do; these two people are only interested in having a conversation to learn more about you and how you spend your days. After this task there will be another short task, which will be explained to you in detail later. **Your performance in this task will not be evaluated either.**

These two tasks will take about 40 minutes to complete. If you have any questions, please let me know.

*Haya ndio maandalizi ya sehemu ya kazi. Uko na dakika 5 ya kuandaa maelezo ya siku yako ya kawaida na mambo ambayo unafurahia. Baada ya maandalizi utakuwa na dakika 2 ya kutueleza mawazo yako kwa sauti. Tafadhali kumbuka, unachotueleza kwa sauti hautarekodiwa, wala kutathminiwa. Tafadhali hakikisha umeongea kwa sauti. Hata hivyo, huna haja ya kuzungumza kwa sauti kubwa wala kuzungumza ili ueleweke na mtu yeyote kwa kua hakuna mtu atakayetathmini utendaji wako. Unaweza kuzungumza kwa lugha yoyote unayopenda. Watu wawili wataketi katika chumba wakati unatupa maelezo hayo, lakini hawatatathmini utendaji wako, watakuwa maelezo ya utakayofanya, watu hao wawili wana haja tu ya kuwa na mazungumzo ya kutaka kukujua na jinsi unavyotumia muda wa siku yako. Baada kazi hii kutakuwa na kazi nyingine fupi, ambayo wataieleza kwa kina baadaye. Utendaji wako katika kazi hii si ya kukutathmini pia.*

*Kazi hizi mbili itachukua taktiban ya dakika 40 kukamilisha. Kama una maswali yoyote, tafadhali nijulishe.*

You now have 5 minutes to prepare to tell us WHAT AN IDEAL OR IMAGINARY DAY WOULD LOOK LIKE IF YOU COULD DO ANYTHING AND MONEY WAS NOT A CONSTRAINT. Remember, this is not about performance, and you'll neither be observed nor graded on what you share. You may take notes and use these notes during the talk. Please begin.

*Sasa, una dakika tano ya kujitayarisha ili utupatie maelezo kuhusu SIKU ILE NZURI KWAKO*

**AMA UNAVYODHANI INAWEZA KUWA KAMA UNGEWEZA KUFANYA CHOCHOTE, NA PESA ISIWE TATIZO.** *Kumbuka, hii si kwa ajili ya utendaji katika mazungumzo, na hautatathminiwa wala kupewa alama kwa yale utatuambia. Unaeza andika maelezo na kuzitumia wakati wa kazi hii. Tafadhali tuanze.*

*{Timer: Verify 5 minutes have elapsed and notify Lab Lead.}*

**Timer:** ⌚ Fill in green box **C15 Preparation Period – start** when the participants are instructed to begin preparing. ⌚

**Timer:** ⌚ Fill in green box **C16 Preparation Period - ends** when 5 minutes has elapsed and participants are told their preparation time is finished. ⌚

### 3c. TSST Verbal Task: Questions Phase

#### **LEAD**

**[LEAD]:**

Thank you. Your preparation time is now up.

*Asante. Muda wenu wa kujiandaa umekwisha.*

This is the portion of the task where we get to know you. You will be asked questions at random to allow you a chance to share your thoughts aloud. You may be asked to give a 2-minute speech at any time, describing yourself to us. Remember, you'll neither be evaluated nor rated on your thoughts. You do not need to talk very loud nor fully understandable as you are not being graded. You may also speak in whichever language you are most comfortable speaking in. You may use any notes that you have prepared. Do you have any questions?

*Hii ni sehemu ya shughuli itakayo tuwezesha kukujua vizuri. Utaulizwa maswali bila mpangilio itakayokupa nafasi kutupa mawazo yako kwa sauti. Unaweza ambiwa utoe hotuba kwa dakika mbili wakati wowote, ukieleza kuhusu ubinafisi wako. Kumbuka, shughuli hii haiwezikutathminiwa kwa maelezo yako. Hamna haja uzungumze kwa sauti wala ueleweke kwa vile hautatathminiwa kwa njia yoyote. Unaweza pia zungumza kwa lugha yoyote ile utakayo. Unaweza tumia zile maelezo ulizotengeneza hapo awali. Je, una maswali yoyote?*

If there are no [more] questions, I will leave the room and invite the others in. Please follow all of their directions carefully.

*Kama hakuna maswali ya ziada, nitawaacha na kuwaalika wengine. Tafadhali fuata maagizo watakayowapea kwa makini.*

*{Lead: Exit and wait outside of the room for the duration of the TSST Questions (approximately 30 minutes)}*

#### **EVALUATOR**



*{When LEAD leaves the room, EVALUATORS enter the room}*

*{ACTIVE EVALUATOR will speak from this point forward. All communication is in whatever language respondents are most comfortable with}*

*{PASSIVE EVALUATOR will keep track of stopwatch time in addition to Timer}  
{BOTH EVALUATORS, REMEMBER TO SMILE, NOD, AND PROVIDE FRIENDLY  
NONVERBAL FEEDBACK AS PARTICIPANTS SPEAK}*

*(Active Evaluator: Begin using Survey CTO)*

**[ACTIVE]:**

Good day. We are interested in getting to know you better. Each person will be asked questions and have a chance to speak. Our questions are meant only to motivate you to share your thoughts. If a question is difficult for you, please feel free to talk about whatever you would like that would help us get to know you. Remember, we are not evaluating you in any way during this task, and you may speak in either English or Swahili, whichever is more comfortable for you.

*Siku njema. Tuna nia ya kutata kuwajua bora zaidi. Kila mtu ataulizwa maswali na kuwa na nafasi ya kuongea. Maswali yetu ni yakuwapa motisha ili utueleze mawazo yako. Kama swali ni ngumu kwako, tafadhali kuwa na huru wa kujadili chochote ungependa ambacho kitatusaidia kukujua. Kumbuka, hatutathmini maongezi yako wakati wa kazi hii, na unaweza kusema kwa Kiingereza au Kiswahili, kulingana na vile utapenda.*

*{PASSIVE EVALUATOR: keep track of stopwatch time. Notify Active Eval when 1 minute is up per question and rest stopwatch.}*

*{ACTIVE: If the participant stops talking before 1 min. is up, ask follow up questions – make sure they are comfortable}*

*{Once the 1 min. is up per question, the participant will be POLITELY interrupted and the next question will be generated and delivered}*

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### **TIMER**

**Timer:** ⌚ Fill in green box **C17 Questions Phase – start** when the Active Evaluator asks the first participant a question. ⌚

**Timer:** ⌚ Fill in green box **C18 Questions Phase – end** when the last person asked a question finishes their answer. ⌚

---

### **EVALUATOR**

**[ACTIVE]:**

Thank you. For your participation in this task, each of you will receive a ticket. On the back of the ticket please write your name and today's date. We will then collect them.

*Asante. Kwa kushiriki katika kazi hii, kila mmoja atapewa tiketi. Nyuma ya tiketi tafadhali*



*andika jina lako na tarehe ya leo. Kisha tutazikusanya.*

*{Passive Evaluator: Please give each participant one ticket from the booklet}*

*{Passive Evaluator: When they are done writing the information collect the tickets by having them place the ticket into the appropriate labeled bag}*

### 3d. TSST Math Task

#### **TIMER**

**Timer:** ⌚ Fill in green box **C19 Math Task – start** when the first participant is given their start number and begins. ⌚

**Timer:** ⌚ Fill in green box **C20 Math Task – end** when the Active Evaluator tells the last participant that their time is up. ⌚

*{Active: Begin using SurveyCTO to present each participant with his/her start number}*

*{Passive: Start the stopwatch when participant is given their start number. Notify Active Eval when 2 minutes passes. Reset stopwatch. Repeat for each participant}*

#### **[ACTIVE]**

We will now explain the second exercise to you. It is an arithmetic task. You will be asked to count forwards from a particular number in steps of 5. For example, when you start at 0, you should add 5 to get 5. Then you should add 5 to 5 to get 10, and so on, (5, 10, 15, 20, etc.) Please speak at the same volume as during the pervious task. Again, this exercise is not about your performance, this means you will not be rated.

You can do this in whatever language you are most comfortable with since we are not interested in your performance. Each person will do this for 2 minutes.

*Hivi sasa tutakuelezea kuhusu zoezi la pili. Ni zoezi la kuhesabu. Utaulizwa uhesabu kutoka idadi fulani ya nambari ukiongeza tano. Kwa mfano, ukianzia 0, unapaswa kuongeza 5 ili upate 5 kisha unapaswa kuongeza 5 kwa 5 ili upate 10, na kadhalika, (5, 10, 15, 20, nk). Tafadhali hesabu kwa sauti sawa na wakati wa shughuli za hapo awali. Kwa mara nyingine, zoezi hili halihusu utendaji wako, kwa hivyo huwezi tathminiwa.*

*Unaweza fanya hivyo kwa lugha lolote likufaalo kwa vile hatuna haja na utendaji wako. Kila mtu atafanya hivyo kwa muda wa dakika 2.*

*{During this time, LOOK UP OCCASIONALLY TO SMILE and DO NOT observe the participants the full 2 minutes. When 2 minutes have elapsed, ACTIVE panel member should thank the participant and ask the next person to begin counting}*

**{Do not stop participants who make a mistake}**

*{PASSIVE: When 2 minutes is up, stop the stopwatch. Then reset and repeat for each participant. In total, the 10 minutes (2 min x 5 participant) should not be exceeded!}*

**[ACTIVE]:**

**Many thanks, two minutes is up.**

*Asante, dakika zako mbili zimekwisha*

*{Active: Continue SurveyCTO until all participants complete the task}*

**[ACTIVE]:**

Thank you for participating in this math task. For your participation in this task, each of you will receive another ticket. As before, on the back of the ticket please write your name and today's date. We will then collect them.

*Asante kwa kushiriki katika shughuli hii ya kuhesabu. Kwa kushiriki katika shughuli hii, kila mmoja wenu atapata tiketi nyingine. Kama hapo awali, nyuma ya tiketi tafadhali andika jina lako na tarehe ya leo. Kisha sisi tutazikusanya.*

*{Passive Evaluator: Please give each participant one ticket from the booklet}*

*{Passive Evaluator: When they are done writing the information, collect the tickets by having them place the ticket into the appropriate labeled bag}*

**[ACTIVE]:**

We will now leave the room. Please wait for further instructions from the Lab Lead.

*Hivi sasa tutawaacha. Mtabaki papo hapo mkisubiri maagizo kutoka kwenye Lab Lead.*

**LEAD**

*{Lead: Return to the room at the conclusion of MATH TASK, as the evaluators leave}*

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#### **4. PANAS**

**LEAD**

**[LEAD]:**

Thank you for participating in that task.

We will now repeat the same questionnaire that you completed yesterday, asking you about your current emotional state. For each of the following statements, please think about the degree to which you currently feel the emotion, where 1 means “not at all” and 5 means “very much”. Please indicate the degree to which you feel this emotion right now. Use the options in the middle if you fall somewhere in between.

*Asante kwa kushiriki katika shughuli hiyo.*

*Kwa sasa tutarudia tena orodha ya maswali ya uchunguzi uliokamilisha jana, tukiulizia kuhusu hali yako ya kihisia ya sasa. Kwa kila moja ya kauli zifuatazo, tafadhali fikiria ni kwa kiwango kipi unahisi hizo hisia, ambapo 1 inamaanisha “hapana kabisa” na 5 “zaidi sana”. Tafadhali onyesha ni kwa kiwango kipi unavyohisi hizo hisia kwa wakati huu. Tumia chaguzi za kati kama jibu lako ni katikati.*

*{Lead: Start PANAS on Tablets. Walk around to confirm that PANAS has loaded on every participant's screen and then instruct participants to begin.}*

### Questions

1. In the present moment, I feel interested.  
*Sasa hivi nahisi kuwa na hamu ya kufanya jambo.*
2. In the present moment, I feel distressed  
*Sasa hivi nahisi kuseoneka.*
3. In the present moment, I feel excited.  
*Sasa hivi nahisi nimechangamka.*
4. In the present moment, I feel upset.  
*Sasa hivi nahisi kuudhika.*
5. In the present moment, I feel strong.  
*Sasa hivi nahisi mwenye nguvu.*
6. In the present moment, I feel guilty.  
*Sasa hivi nahisi mwenye hatia.*
7. In the present moment, I feel hostile.  
*Sasa hivi nahisi kuonyesha uhasama.*
8. In the present moment, I feel proud.  
*Sasa hivi nahisi majivuno.*
9. In the present moment, I feel irritable.  
*Sasa hivi nahisi kukerwa.*
10. In the present moment, I feel alert.  
*Sasa hivi nahisi uko chonjo.*
11. In the present moment, I feel ashamed.  
*Sasa hivi nahisi mwenye aibu.*
12. In the present moment, I feel inspired.  
*Sasa hivi nahisi kupa motisha.*
13. In the present moment, I feel nervous.  
*Sasa hivi nahisi kuwa na uoga.*

14. In the present moment, I feel determined.  
*Sasa hivi nahisi mwenye bidii.*
15. In the present moment, I feel attentive.  
*Sasa hivi nahisi kuwa makini.*
16. In the present moment, I feel jittery.  
*Sasa hivi nahisi siwezi kutulia*
17. In the present moment, I feel active  
*Sasa hivi nahisi mchangamfu.*
18. In the present moment, I feel afraid.  
*Sasa hivi nahisi kuogopa.*
19. In the present moment, I feel stressed.  
*Sasa hivi nahisi kusumbuka kimawazo.*
20. In the present moment, I feel anxious.  
*Sasa hivi nahisi kuwa na wasiwasi.*
21. In the present moment, I feel aggressive.  
*Sasa hivi nahisi uchokozi.*
22. In the present moment, I feel agitated.  
*Sasa hivi nahisi kukasirishwa.*
23. In the present moment, I feel dizzy.  
*Sasa hivi nahisi kizunguzungu.*
24. In the present moment, I feel a fast slow, pounding, or irregular heartbeat or pulse.  
*Sasa hivi nahisi roho yangu inagonga haraka, inapiga kwa nguvu ama inapiga bila mpangilio.*
25. In the present moment, I feel a shortness of breath.  
*Sasa hivi nahisi kupungukiwa na hewa.*
26. In the present moment, I feel that I have trouble thinking.  
*Sasa hivi nahisi ninashida ya kufikiria.*
27. In the present moment, I have a headache.  
*Sasa hivi naumwa na kichwa.*
28. In the present moment, I feel my mood is changing.  
*Sasa hivi nahisi 'mood' yangu inabadilika.*

### **TIMER**

**Timer:**  Fill in green box **C21 PANAS - start** when *PANAS* started on tablets. 

**Timer:**  Fill in green box **C22 PANAS - end** when *PANAS* ends on tablets. 

## **5. GUESSING MODULE**

*{Lead: Start GuessingModule\_control on tablets. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

### **LEAD**

**[LEAD]:**

We are now going to ask you some questions about how you think you performed today.

*Kwa sasa tutakuuliza maswali kuhusu unavyofikiria umefanya kazi leo.*

1. In which place would you rank your performance on the speech and interview tasks compared to the other members of your group, even though you were not evaluated? (select one)

*Unaweza linganisha wapi utendakazi wako kwenye shughuli ya kujieleza kwenye hotuba na mahojiano ukijilinganisha na washiriki wengine wa kundi lako, hata kama hukuwa unatathminiwa?*

1      2      3<sup>rd</sup>      4<sup>th</sup>      5<sup>th</sup>

2. In which place would you rank your performance on the math task compared to the other members of your group, even though you were not evaluated?

*Unaeza weka wapi utendakazi wako katika shughuli ya hesabu ukijilinganisha na washiriki wengine wa kundi lako, hata kama hukuwa unatathminiwa?*

1      2      3<sup>rd</sup>      4<sup>th</sup>      5<sup>th</sup>

3. How confident are you in your ratings of your performance today relative to your peers?

*Una ujasiri kwa kiwango kipi katika makadirio yako ya utendakazi wako leo ikilinganishwa na wenzako?*

- 1- Not at all Confident
- 2- Slightly Confident
- 3- Moderately Confident
- 4- Very Confident
- 5- Extremely Confident

## **TIMER**

**Timer:** ⌚ Fill in green box **C23 Guessing Module - start** when *GuessingModule\_treatment* started on tablets. ⌚

## **6. GENERAL QUESTIONNAIRE\_SHORT**

*{Lead: Start General Questionnaire Short zTree treatment. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

### **LEAD**

**[LEAD]:**

You will now be asked a series of simple questions. We will go through these together.

*Utaulizwa mzururu wa maswali rahisi. Tutazipitia pamoja.*

- 1. Did you smoke today?  
*Umevuta sigara leo?*
- 2. Did you drink alcohol, tea, or coffee today?

*Umekunywa pombe, chai au kahawa leo?*

3. At what time did you wake up today? (4:00 4:30.... 10:30)

*Leo umeamka saa ngapi?*

4. Did you eat or drink (anything besides water) in the 2 hours before you arrived today? (yes = 1, no = 2)

*Je umekula au kunywa (kitu kingine isipokuwa maji) saa mbili kabla kufika hapa?*

5. Did you perform intense exercise (for example: cycling, weightlifting, or engaging in sexual activity) in the 2 hours before you arrived today?

*Je, ulifanya zoezi ngumu (kwa mfano: kuendesha baiskeli, kunyanyua uzani au ngono) saa mbili kabla kufika hapa?*

**[LEAD]:**

Thank you for that.

*Asante kwa hayo.*

---

## **TIMER**

**Timer:** ⌚ Fill in green box **C24 General Questionnaire - start** when *GeneralQuestionnaire\_short* started. ⌚

**Timer:** ⌚ Fill in green box **C25 General Questionnaire - end** when *GeneralQuestionnaire\_short* ends. ⌚

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## **7. DEBRIEF**

**LEAD:**

**[LEAD]:**

Thank you for your participation in the study. Our study today was interested in the effects of stress on the body. The task you completed today was created to make you feel comfortable and relaxed instead of feeling stressed. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed as a result of your participation.

*Asanteni kwa kushiriki kwa huu utafiti. Utafiti wetu leo ulikuwa unachunguza athari za stress mwilini. Poleni sana kama shughuli za hesabu na kujibu maswali yaliwakera mliofanya leo. Sasa, kama uko na swali lolote au maoni kuhusu shughuli mliofanya leo, unaeza nijulisha, kwanza kama unahisi kuwa mgonjwa au umedhohofika kwa sababu ya kushiriki kwako.*

We thank you very much for having participated today! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

*Tunawashukuru sana kwa kushiriki kwenye leo! Kumbuka kuwa majibu ulizopeana ni ya siri na hayatafichuliwa kwa mtu yoyote ambaye si mmoja wa watafiti wetu. Pia, tafadhali kuwa huru*

*kueleza marafiki wako kuhusu Busara; huwa tunatafuta washiriki wapya.*

You will get paid KSH 350 for your participation and transport today, plus an additional KSH 50 bonus if you showed up on time. You will receive a portion of this money in cash before you leave today, and the remaining amount will be transferred to the phone number you gave us when you registered by MPesa this afternoon.

*Utalipwa shilingi 350 kwa kushiriki na nauli yako leo, pia tutakuongeza shilingi hamsini kama ulifika mapema. Utapata kiasi cha pesa hizi kwa mkono kabla hujatoka leo, na kiasi iliyobaki utatumia kwa numbari yako ya simu ya mpesa uliojiandikisha nayo Busara leo alasiri.*

Finally, remember that this study last for a total of 7 days, requiring you to come back tomorrow to participate in the remaining sessions. Kindly arrive to **[location]** at **[time]** tomorrow.

*Mwisho, kumbuka ya kwamba utafiti huu utaendelea kwa siku saba, hivyo basi, utahitajika uje kesho kwa vikao vijazo. Tafadhali fika [pahali] saa [saa ngapi]*

**{If day 2-5}:** The session will last about 1 hour 30 minutes. Remember that you will be paid 350 shillings for your participation, plus 50 shillings bonus if you arrive on time.

*Kikao kitachukua muda wa saa 1 na dakika 30. Kumbuka kua utalipwa shilingi 350 ya kushiriki na pesa ya ziada ya 50 ukifika mapema.*

**{If day 6}:** The session will last about 5 hours. Remember that you will be paid 650 shillings for your participation, plus 50 shillings bonus if you arrive on time.

*Kikao kitachukua muda wa masaa 5. Kumbuka kwamba utalipwa shilingi 650 ya kushiriki na 50 bonus ukifika mapema.*

By simply showing up tomorrow, you increase your chance of being a winner of the KSH 2500 lottery. If you do not show up, you have no chance of winning the monetary bonus if that day is chosen. Therefore, it is in your best interest to show up tomorrow so you can earn your tickets for each task.

*Bora tu uje kesho, utakua unaongezea nafasi yako ya kuwa mshindi wa shilingi 2500 lottery. Na kama hauta kuja, hautakuwa na nafasi ya kushinda pesa ya ziada kama siku hiyo itachaguliwa. Kwa hivyo, ni muhimu sana uje ndo uweze kupata pesa ya ziada.*

Additionally, if you attend all 7 days of the study, you will receive an additional KSH 300 bonus. Please remember not to drink alcohol, drink coffee, or smoke at all during the 7-day study period, especially before the session. Also, you should not eat, drink liquids other than water, or engage in strenuous physical activity, including sexual activity, during the last 2 hours before the session tomorrow. If you have any questions about this, please ask before you leave today.

*Zaidi ya hayo, Ukishiriki kwa siku zote 7, utapata shilingi 300 ya ziada. Tafadhali kumbuka kuwa hufai kunywa pombe, kahawa au kuvuta sigara katika siku zote saba za utafiti, sanasana kabla ya kikao. Pia, usile, usikunywe vinywaji vingine isipokuwa maji, na usijihusishe na kazi ngumu na ngono pia masaa mawili kabla ya kikao kesho. Kama uko na swali lolote kuhusu haya tafadhali uliza kabla hujaondoka.*

The session has finished. Please pack up your things now and join me. Wait in the waiting room



until we pay you. Please give me the placecard on the way out. Thank you very much!

*Kikao kimekamilika. Tafadhali kusanya vitu vyako na ujiunge nami. Ngoja katika chumba cha kusubiri hadi nitakapowalipa. Tafadhali nipe place card ukitoka. asante sana.*

---

**TIMER**

**Timer:**  Fill in green box **C26 Debrief - start** when the Debrief begins. 

**Timer:**  **Record** the **clock time** when the session ends in cells **C27** and **B4**. 

*{**Timer:** Verify that all boxes corresponding to grey rows in the timesheet are completely filled in and check for accuracy. Please list any errors, inconsistencies, etc. in the Notes box.}*



# TSST

## Protocol – “Field”

### (Days 2 – 6)

# TREATMENT CONDITION

#### SESSION OVERVIEW

Estimated Start Time	Steps	Stopwatch Time
0 min.	0. Participant Identification 1. Welcome	
5 min.	2. Chronic Life Stressors Questionnaire (day 2 only) 3. <b>TSST STARTS</b> a. ~2 min instructions	Start: 0 min, End: 5 min

	b. 5 minute preparation c. Questions task on Survey CTO d. Mental Arithmetic task (2 min per person)	Start: 0 min, End: ~20 min Start: 0 min, End: 10 min
	4. PANAS_1 (ztree) 5. Guessing Module (ztree) 6. General Questionnaire (ztree)	
	7. Debrief	

### TSST Procedure and Script

Legend:

\*\*\*\*\* **LOCATION** \*\*\*\*\*


[User in brackets]

Scripted instructions are framed

*{Directions in braces and italics}*

 Record on Timesheet 

*{Timer: Verify you have a pen, clock, countdown timer, blank timesheet prior to start of session}*

**Timer:**  **Fill in** green boxes in **rows 1 through 4** with Session, Date, 24HR Start Time, Lab Lead (name), Timer (name), Evaluators 1 and 2 (names).

\*\*\*\*\* **WAITING ROOM** \*\*\*\*\*

## **0. PARTICIPANT IDENTIFICATION**

### **1. WELCOME**

*{Lead: Bring participants into the waiting room}*

*{Timer: 1. keeps track of overall time using pen and paper; 2. assists Lab Lead in answering participant questions [if any] or helping them with procedural actions [such as tablet issues, equipment issues, etc]; and 3. maintains equipment}*

#### **LEAD**

**[LEAD]:**

Hello everyone! I see all participants are present, thank you all for showing up today to participate. You are about to continue in a study that investigates the effects of stress on the body. Please do not switch your place cards with another participant. If you do not have the

original card you were given at arrival, please raise your hand. We will begin in just one minute.  
*Habari nyote! Naona washiriki wote wamefika, asanteni nyote kwa kuja kushiriki leo. Mtashiriki kwa utafiti ambao unachunguza matokeo kusumbuka kimawazo mwilini. Tafadhali usibadilishe kadi uliopewa awali na mshiriki mwingine. Kama huna kadi ya awali ambayo ulipewa ulipofika tafadhali inua mkono. Tutaanza baada ya dakika moja.*

**[LEAD]:**

Before we start I request five things.

First, please ensure that your phones are switched off COMPLETELY. You may not set them to silent or standby. We do this so that you can focus on the task without distraction.

Second, it important that you refrain from communicating with other participants. This also helps you to concentrate. If you talk to other people, we will have to send you home and you cannot get paid.

Third, please do not touch the tablets unless instructed to do so.

Fourth, if you are chewing gum, be so kind to take it out now.

Finally, please use the bathroom now, or you will have to wait until the session is over in about **1 hour**. It may, therefore, be a good idea to go now, even if it is not urgent.

*Kabla tuanze, nauliza mambo matano.*

*Kwanza, tafadhali hakikisha kuwa simu zimezimwa kabisa. Tunafanya hivi ili uweze kumakinika na kazi bila vurugu yoyote.*

*Pili, ni muhimu usiongee na washiriki wengine. Hii pia inakusaidia kumakinika, kama utaongea na watu wengine tutakuuliza kuondoka bila malipo yoyote.*

*Tatu, usiguze kibao kama hatujakuuliza kufanya hivyo.*

*Nne, kama unatafuna 'gum' tafadhali itoe sasa.*

*Mwisho, tafadhali tumia bafu sasa, au sivyo utangoja hadi utafiti utakapoisha kwa muda wa saa moja.kwa hivyo ni vizuri uende sasa hata kama sio ya dharura.*

*{Allow time to go to the bathroom and comply with above instructions}*

If you have any questions during the session, please raise your hand and one of the researchers will come and talk to you.

*Kama utakuwa na swali lolote kwa muda wa utafiti tafadhali inua mkono wako na mmoja wa wasimamizi atakuja kukuongelesha.*

Are everyone's phones off?

*Simu ya kila mmoja imezimwa?*

Please find the tablet with the number on your placecard, and sit down. Again, remember that you are not allowed to speak to each other from now on, and please wait to touch the tablets until we instruct you to do so.

*Tafadhali tafuta kibao kilicho na nambari yako na ukae. Tena kumbuka kuwa hujaruhusiwa kuongea na mtu mwingine kuanzia sasa kuendelea, na tafadhali usiguze kibao mpaka uelezwe kufanya hivyo.*

---

## **TIMER**

**Timer:** 🕒 Fill in the green box **C9 Welcome** when session welcome begins 🕒

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\*

### \*\*\*\*\* INTERVIEW ROOMS \*\*\*\*\*

*{Lead: bring participants to their designated interview room; ensure they sit in their correct seat}*

*(Interview Room #1 = cubicleID 1-5; Interview Room #2 = cubicleID 6-10)*

*{Evaluators wait outside of the interview room while Lab Lead gives instructions to participants}*

---

## **2. CHRONIC LIFE STRESSORS QUESTIONNAIRE ON TABLET (Day 2 Only)**

### **LEAD**

*{Lead: Note that if any participant does not want to answer a question, we can swipe in the tablet to skip the question. However, please monitor the room carefully to ensure that participants are not frequently skipping questions. }*

### **[LEAD]:**

Please answer the following questions about yourself. Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers. If you have any questions or are uncomfortable answering a question, please raise your hand. Please press **OK** when you are ready to continue.

*Tafadhali jibu maswali yafuatayo kukuhusu wewe mwenyewe. Tafadhali jaribu kuwa mwaminifu uwezavyo na jaribu mno jibu ya swali moja isiathiri jibu ya swali nyingine. Hakuna jibu sahihi ama lisilo sahihi.*

Overall in the last 12 months, how hard would you rate your life on a scale?

*Kwa ujumla katika miezi 12 iliyopita, ni ngumu vipi kurate maisha yako kwa skeli?*

- not at all hard

*Sio ngumu hata kidogo*

- a little hard

*Ngumu Kidogo*

- hard

*Ngumu*

- very hard

*Ngumu sana*

- incredibly hard

### *Ngumu zaidi*

All things considered, how satisfied are you with your life as a whole these days?

*Mambo yote yakizingatiwa, ni jinsi gani unaridhishwa na maisha yako kwa ujumla siku hizi?*

- dissatisfied

*Huridhiki*

- a little dissatisfied

*Huridhiki kidogo*

- neutral

*Katikati*

- a little satisfied

*Unaridhika kidogo*

- satisfied

*Unaridhika*

*(For each of the following, the options are: Never, Almost never, Sometimes, Fairly often, Very often)*

*Kwa kila moja ifuatayo, chagua ni:ata kamwe, wakati mwingine, mara kwa mara, mara nyingi*

- In the last month, how often have you been upset because of something that happened unexpectedly?

*Kwa mwezi uliopita, ni mara ngapi umehisi kukasirika kwa sababu ya kitu kilichotendeka pasipo tarajiwa?*

- In the last month, how often have you felt that you were unable to control the important things in your life?

*Kwa mwezi uliopita, ni mara ngapi umehisi umeshindwa kudhibiti vitu muhimu katika maisha yako?*

- In the last month, how often have you felt nervous and stressed?

*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na uoga na msongo wa mawazo?*

- In the last month, how often have you felt confident about your ability to handle your personal problems?

*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na ujasiri kuhusu uwezo wako wa kusuluhisha shida zako?*

- In the last month, how often have you felt that things were going your way?

*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa mambo yanatendeka/yanakwenda jinsi utakavyo?*

- In the last month, how often have you found that you could not cope with all the things that you had to do?

*Kwa mwezi uliopita, ni mara ngapi umehisi kushindwa kukabiliana na vitu vyote ulivyopaswa kufanya?*

- In the last month, how often have you been able to control irritations in your life?

*Kwa mwezi uliopita, ni mara ngapi umeweza kudhibiti mambo yanayokuudhi katika maisha yako?*

- In the last month, how often have you felt that you were on top of things?

*Kwa mwezi uliopita, ni mara ngapi umehisi kuwa na uwezo wa kudhibiti?*

- In the last month, how often have you been angered because of things that were outside

of your control?

*Kwa mwezi uliopita, ni mara ngapi umekasirishwa na mambo yaliyokushinda kutatua?*

- In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

*Kwa mwezi uliopita, ni mara ngapi umehisi shida zinakua nyingi kadri ya uwezo wako?*

Life has its ups and downs. What events have happened to you in the past 12 months? (*For each the options are: Yes, No*)

*Maisha ina panda shuka zake. Ni jambo lipi limeweza kutendeka maishani mwako kwa miezi 12 iliyopita? (Kwa kila moja, utachagua ndio au la)*

- Death of a spouse  
*Kifo cha mke au mume*
- Divorce  
*Talaka*
- Marital separation  
*Kutengana kwa ndoa*
- Imprisonment  
*Kufungwa jela*
- Death of a close family member  
*Kifo cha mmoja wa familia yako*
- Personal injury or illness  
*Kuumia au kuugua*
- Marriage  
*Ndoa*
- Dismissal from work  
*Kufukuzwa kazini*
- Marital reconciliation  
*Kupatanishwa kwa ndoa*
- Retirement  
*Kustaafu*
- Change in the health of a family member  
*Kubadilika kiafya ya mmoja wa familia yenu*
- Pregnancy  
*Kuwa mjamzito*
- Sexual difficulties  
*Ugumu wa ngono*
- Gain of a new family member  
*Kuongezeka upya wa mmoja wa familia yenu*
- Business readjustment  
*Kurekebisha biashara*
- Change in financial state  
*Kubadilika kifedha*
- Death of a close friend  
*Kifo cha rafiki yako wa dhati*
- Change to a different line of work

- *Kubadilisha kazi*
- Change in the frequency of arguments  
*Kubadilika kwa uzoefu wa kujibizana*
- Major mortgage or loans, high rental costs  
*Mkopo maalum, bei ya juu ya kukodisha*
- Foreclose of mortgage or loan, or eviction  
*Kufungia mkopo au kufukuzwa*
- Change in responsibilities at work  
*Kubadilika kwa majukumu kazini*
- Child leaving home  
*Mtoto kuondoka nyumbani*
- Trouble with in-laws  
*Shida na wakwe*
- Outstanding personal achievement  
*Mafanikio bora ya kibinafsi*
- Spouse starts or stops works  
*Mpenziwe aanze au kuacha kufanya kazi*
- Beginning or end school  
*Kuanza au kuacha shule*
- Change in living conditions  
*Kubadilika kwa hali ya maisha*
- Revision of personal habits  
*Kukagua upya tabya zako*
- Trouble with your boss  
*Shida na mwajiri wako*
- Change in working hours or conditions  
*Kubadilika kwa masaa za kazi au hali*
- Change in residence  
*Kubadilisha makazi*
- Change in schools  
*Kubadilisha shule*
- Change in recreation  
*Kubadilisha burudani*
- Change in religious activities  
*Kubadilisha shughuli za kidini*
- Change in social activities  
*Kubadilisha shughuli za kijamii*
- Minor mortgage or loan  
*Mkopo usio wa maana sana*
- Change in sleeping habits  
*Kubadilisha tabia za kulala*
- Change in number of family reunions  
*Kubadilisha muungano wa familia*
- Change in eating habits  
*Kubadilisha tabia za kula*

- Vacation  
*Likizo*
- Major Holiday  
*Sikukuu maalum*
- Minor violation of law  
*Ukiukaji kidogo wa sheria*
- Death or kidnapping of a child  
*Kifo au utekaji nyara wa mtoto*
- Rape  
*Ubakaji*
- Physical or emotional violence  
*Vurugu wa kimwili au kihisia*
- Prolonged illness of any child younger than 18 years (*Clarify that this is any child IN the participants' household*)  
*Kuugua kwa muda mrefu wa mtoto chini ya miaka 18 (Hakikisha kuwa huyu ni mtoto wa anayeshiriki)*
- Prolonged illness of any adult 18 years and older (*Clarify that this is any child IN the participants' household*)  
*Kuugua kwa muda mrefu kwa mtu mzima zaidi ya miaka 18 (Hakikisha kuwa huyu ni mtoto wa anayeshiriki)*
- Prolonged job loss  
*Kupoteza kazi kwa muda mrefu*
- Loss of a job of any household member.  
*Kupoteza kazi kwa mtu yeyote wa familia*
- Loss of business or unexpected decrease in business income  
*Kupoteza biashara au kupungua kwa mapato ya biashara kusikotarajiwa*
- Loss of business of any household member  
*Kupoteza biashara kwa mtu yeyote wa familia*
- Fire  
*Moto*
- Theft  
*Wizi*
- Unexpected/unanticipated change in rent  
*Kubadilika kwa kodi ya nyumba kusikotarajiwa*
- Any other major loss not mentioned  
*Hasara kubwa ingine yoyote ambayo haijatajwa*
- Major and/or chronic financial problems  
*Shida za kifedha sugu au maalum*
- Minor financial problems  
*Shida ndogo za kifedha*

Of the following event, can you tell us if you ever experienced them? If you have experienced multiple instances of the event, please report for the most recent event.

*Katika matukio yafuatayo, tunaomba utuelezee kama umewahi kumbana na moja wapo. Kama umekumbana nazo kwa wingi, tueleze ile iliyofanyika hivi karibuni*



- Have you ever experienced the death of a parent? (Yes, No)  
*Umewahi poteza mzazi wako?(Ndio, La)*
- (If yes:) How many years ago? 1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago  
*(Kama ndio) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, Zaidi ya miaka 15 iliyopita*
- (If yes:) How did the death of your parent impact you? (not at all distressing, slightly, neutral, moderately, extremely)  
*(Kama Ndio:) Kifo cha mzazi wako kilikuathiri kivi? ( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (not at all, slightly, some, moderately, a great deal)  
*( Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo? (Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a death of a close friend or an immediate family member, other than your parents?  
*Umewahi mpoteza rafiki yako wa dhati au mmoja wa familia yako kando na wazazi wako?*
- (If yes:) How many years ago? 1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- (If yes:) How did the death of a close friend or immediate family member other than your parents impact you? (not at all distressing, slightly, neutral, moderately, extremely)  
*( Kama Ndio: ) Kifo cha rafiki yako wa dhati au mmoja wa familia yako kando na wazazi wako kilikuathiri kivi? (Hakikukisikitisha kamwe,kidogo, katikati, kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (not at all, slightly, some, moderately, a great deal)  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a serious illness/accident?  
*Umewahi kuwa mgonjwa sana au kupata ajali?*
- (If yes:) How many years ago? 1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the serious accident or illness impact you? (not at all distressing, slightly, neutral, moderately, extremely)  
*Uliathirika kivi na ugonjwa au ajali hiyo? ( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? (not at all, slightly, some, moderately, a great deal)  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna,*

*kidogo, kiasi, sana)*

- Have you ever experienced a serious illness/accident of a member of your close family?  
*Je, kuna mtu yeyote katika familia yako ambaye amewahi kuwa mgonjwa sana au kupata ajali?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the serious accident or illness of a member of your close family impact you?  
*(not at all distressing, slightly, neutral, moderately, extremely)*  
*Uliathirika kivipi na ugonjwa au ajali hiyo ya mmoja wa familia yako? (Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a situation of physical or emotional violence?  
*Je, umewahi patwa na tukio la kuvurugika kimwili au kihisia?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the situation of physical or emotional violence impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*Uliathirika kivipi na tukio hilo la kuathirika kimwili au kihisia?( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*  
*(Kama Ndio: ) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*
- Have you ever experienced a serious financial problems  
*Je, umewahi pitia shida kuu ya kifedha?*
- (If yes:) How many years ago? *1-2 years ago, 3-4 years ago, 5-6 years ago, 7-8, 9-10, 11-15, more than 15 years ago*  
*(Kama Ndio: ) Miaka mingapi iliyopita? Miaka 1-2 iliyopita, miaka 3-4 iliyopita, miaka 5-6 iliyopita, 7-8, 9-10, 11-15, zaidi ya miaka 15 iliyopita*
- How did the serious financial problems impact you? *(not at all distressing, slightly, neutral, moderately, extremely)*  
*Shida hiyo ya kifedha kilikuathiri kivipi? ?( Hakikukisikitisha kamwe, kidogo,kati kati,kiasi, sana)*
- (If yes:) How much did you confide in others about this experience at the time? *(not at all, slightly, some, moderately, a great deal)*

*(Kama Ndio:) Uliamini wengine kuwatolea siri kwa kiwango kipi wakati huo?(Hakuna, kidogo, kiasi, sana)*



Please press true or false to the statements below that best fit your own beliefs.

*Tafadhali bonyeza true or false kwa kauli zifuatazo kulingana na jinsi unavyoamini wewe mwenyewe.*

- My life is determined by my own actions  
*Maisha yangu inaamuliwa na hatua zangu mwenyewe*
- I am usually able to protect my personal interests  
*Mimi huwa na uwezo wa kulinda maslahi yangu binafsi*
- I can pretty much determine what will happen in my life  
*Nina uwezo wa kuamua kile kitakachofanyika maishani mwangu*
- To a great extent, my life is controlled by accidental happenings  
*Kwa kiasi kikubwa, maisha yangu inadhibitiwa na tukio za ajali*
- Often there is no chance of protecting my personal interest from bad luck happening  
*Mara nyingi hakuna nafasi ya kutunza maslahi yangu kutoka kwa tukio za bahati mbaya*
- When I get what I want, it is usually because I am lucky  
*Nipatapo ninachotaka, huwa ni kwa sababu nina bahati*
- People like myself have very little chance of protecting our personal interests where they conflict with those of strong pressure groups  
*Watu kama mimi wana nafasi kidogo sana ya kulinda maslahi yetu yanapozozana na ya vikundi vyenye ushawishi mkubwa*
- My life is chiefly controlled by powerful others  
*Maisha yangu inadhibitiwa hasa na watu wengine wenye nguvu*
- I feel like what happens in my life is mostly determined by powerful people  
*Nahisi kuwa kinachotendeka maishani mwangu mara mingi inaamuliwa na watu wenye nguvu*

### **TIMER (Day 2 only)**

**Timer:**  Fill in green box **C11 Chronic Stress Survey (starts)** when *Chronic Stress Survey* started on tablets. 

**Timer:**  Fill in green box **C12 Chronic Stress Survey (ends)** when *Chronic Stress Survey* ends on tablets. 

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### **3. TSST STARTS**

*Note: this is the TREATMENT (Job Interview) Condition*

#### **3a. TSST Instructions**

##### **LEAD**

**[LEAD]:**

Okay, now it is time to explain what your task today will be.

In a moment, you will be asked to complete two tasks – a verbal task and a mathematic task. After each task, the evaluators will score and record your performance. These scores will be documented on each day of the study. On the last day of the study, one of the 7 days will be randomly chosen. Within that chosen day, one of the two tasks will be randomly chosen to be paid out. Among ten participants, the two people with the highest performance scores on the randomly chosen task will receive a monetary bonus. The total bonus is KSH 2500 and will be split amongst the two people, such that the person with the highest score earns KSH 1500 and the person with the second highest score receives KSH 1000. This bonus is in addition to the amount paid to each participant for his or her participation. Remember, both the day and task that is paid out is random, so you should give your best performance on each day and task to maximize your chance of winning the bonus.

*Kwa wakati mfupi, utaulizwa ufanye shughuli mbili - kutoa hotuba na hesabu. Baada ya hayo, Evaluators watawapa alama na watarekodi matokeo yenu. Alama za kila siku ya utafiti zitarekodiwa na kuchapishwa. Kwa siku ya mwisho ya utafiti, moja ya siku saba itachaguliwa bila mpangilio wowote. Kati ya siku itakayochaguliwa, moja ya shughuli mbili (hotuba na hesabu) itachaguliwa bila mpangilio na italipwa. Kati ya washiriki kumi, wawili bora ndio watakaolipwa malipo ya ziada. Malipo ya ziada kwa jumla ni KSH 2500 na itagawanywa baina ya wawili bora. Aliye na alama bora ya kwanza atapata KSH 1500 na wa pili bora atapata KSH 1000. Hii malipo ya ziada itaongezwa juu ya ile mapato ya kushiriki kwa utafiti. Kwa hivyo kila mshiriki lazima atie fora katika utafiti kila wakati ili apate fursa ya kushinda pesa za ziada.*



Does anyone have any questions about the bonus?

*Kuna yeyote ambaye ana swali kuhusu pesa hizi za ziada?*

The first task we ask you to do is training for job interviews. You should imagine that you are invited to a job interview where you are asked to present yourself in a positive way. Try to think that you NEED this job. In other words, if you don't get the job because of your performance during the interview, then you cannot feed your family. You can freely choose for what kind of job you will be applying, and your presentation will be held in front of a panel of two evaluators. **Please note this is not a real job interview, and you will not be offered a job at the end of this study.** It is only intended as a training exercise.

*Shughuli ya kwanza utaulizwa ni kufanya mafunzo ya mahojiano ya kazi. Lazima ufikirie kwamba wewe umealikwa kwenye mahojiano ya kazi ambapo utaulizwa ujionyeshe kwa namna unaofaa. Jaribu sana ufikirie UNAHITAJI hii kazi ili upate nafasi ya kulisha familia yako. Uko huru kuchagua ni kazi ipi unahitaji kuomba na utapewa fursa ya kujiwakilisha mbele ya kikao cha Evaluators wawili. **Tafadhali kumbuka hii sio kazi ya ukweli, ni mahojiano tu, na huwezi patiwa kazi mwishoni mwa utafiti huu.** Ni lengo tu kama mafunzo ya zoezi.*

## **TIMER**

**Timer:**  Fill in green box **C14 TSST Instructions – start** when lead begins explaining the instructions to the TSST. 

### 3b. TSST Preparation Period

#### **LEAD**

**[LEAD]:**

*{If Cohort ID is ODD (# 1,3,5,7,9,etc.), use the following script}*

This is the interview preparation portion of the task. You will get 5 minutes to prepare a two-minute speech describing why you would be a good candidate for the job, **the job that you need**. The job interview will be recorded with a video camera. Therefore, it is important to pay attention to your gesture and language. The panel will be observing and analyzing your verbal and nonverbal behavior and will take notes on your speech. After presenting yourself there will be a second task, which will be explained to you in more detail after the interview. These two tasks will take approximately 40 minutes to complete. If you have any questions, please let me know.

*Hii ndio sehemu ya mahojiano ya shughuli ya leo. Utapewa dakika tano ya kutayarisha hotuba ya dakika mbili inayoelezea jinsi wewe ndiye unafaa kupatiwa hii kazi, **kazi ambayo unahitaji**. mahojiano ya kazi itarekodiwa na kamera ya video. Kwa hivyo, ni muhimu utilie maanani ishara yako na lugha. Jopo itakuwa ikiangalia na kuchambua kwa ujumla mazungumzo yako na tabia yako katika mahojiano. Baada ya kujiwasilisha mwenyewe kutakuwa na kazi ya pili ambayo utaelezewa kwa ndani baada ya mahojiano. Shughuli hiyo itachukua takriban dakika arubaini ili ifike tamati. Ukiwa na maswali yoyote, tafadhali nijulishe.*

You now have 5 minutes to prepare for the job interview training. You should prepare your answer to the following: “WHY DO YOU WANT THIS JOB AND WHAT MAKES YOU A GOOD CANDIDATE FOR THE JOB?”. You may take notes, but you may not use these later during the interview. Please begin.

*Kwa sasa una dakika tano ya kujitayarisha kwa mahojiano. Lazima utayarishe jibu lako ilingane na swali ifuatayo: “**MBONA UNAHITAJI KAZI HILI NA NI NINI INAKUFANYA UWE MTAHINIWA BORA KWA KAZI HILI?**” Unaweza kuandika, lakini huwezi tumia hii baadaye wakati wa mahojiano. Tafadhali tuanze.*

*{If Cohort ID is EVEN (# 2,4,6,8,10,etc.), use the following script}*

This is the interview preparation portion of the task. You will get 5 minutes to prepare a two-minute speech describing why you deserve this job, **the job that you need**. The job interview will be recorded with a video camera. Therefore, it is important to pay attention to your gesture and language. The panel will be observing and analyzing your verbal and nonverbal behavior and will take notes on your speech. After presenting yourself there will be a second task, which will be explained to you in more detail after the interview. These two tasks will take approximately 40 minutes to complete. If you have any questions, please let me know.

*Hii ndio sehemu ya mahojiano ya shughuli ya leo. Utapewa dakika tano ya kutayarisha hotuba ya dakika mbili inayoelezea jinsi wewe ndiye unafaa kupatiwa hii kazi, **kazi ambalo unahitaji**. Mahojiano ya kazi itarekodiwa na kamera ya video. Kwa hivyo, ni muhimu utilie maanani ishara*

*yako na lugha. Jopo itakuwa ikiangalia na kuchambua kwa ujumla mazungumzo yako na tabia yako katika mahojiano. Baada ya kujiwasilisha mwenyewe kutakuwa na kazi ya pili ambayo utaelezewa kwa ndani baada ya mahojiano. Shugli hayo yatachukua takriban dakika arobaini ili ifike tamati. Ukiwa na maswali yoyote, tafadhali nijulishe.*

You now have 5 minutes to prepare for the job interview training. You should prepare your answer to the following: “WHY DO YOU DESERVE THIS JOB AND WHAT DO YOU HAVE THAT NO OTHER CANDIDATE HAS?”. You may take notes, but you may not use these later during the interview. Please begin.

*Kwa sasa una dakika tano ya kujitayarisha kwa mahojiano. Lazima utayarishe jibu lako ilingane na swali ifuatayo: “ MBONA UNAHITAJI KAZI HILI NA NI NINI INAKUFANYA UWE MTAHINIWA BORA KWA KAZI HILI?” Unaweza kuandika, lakini huwezi tumia hii baadaye wakati wa mahojiano. Tafadhali tuanze.*

*{Timer: Verify 5 minutes have elapsed and notify Lab Lead.}*

**Timer:** ⌚ Fill in green box **C15 Preparation Period – start** when the participants are instructed to begin preparing. ⌚

**Timer:** ⌚ Fill in green box **C16 Preparation Period - ends** when 5 minutes has elapsed and participants are told their preparation time is finished. ⌚

### 3c. TSST Verbal Task: Questions Phase

#### **LEAD**

**[LEAD]:**

This is the interview portion of the task. Imagine that you need to get this job to feed your family. You will be called randomly by the number assigned to you at the beginning of the experiment to answer questions that are presented to you. You may be asked to give your 2-minute speech at any time. The entire job interview will be video-recorded. Remember, the panel in front of you will monitor and analyze both your verbal & nonverbal behavior and will make notes during your speech. You should answer each question to the best of your ability, as your performance during the session is rated. After the interview task, you will be given another task, which will be explained to you in more detail later. Do you have any questions?

If there are no [more] questions, I will leave the room and invite the panel in. Please follow all of their directions carefully.

*Hii ni sehemu ya mahojiano ya shuguli hii. Fikiria kwamba unahitaji kupata kazi hii ili kulisha familia yako. Sasa utaitwa bila mpangilio na nambarii uliyopewa katika mwanzo wa utafiti kutoa hotuba kwa dakika 2 na kujibu maswali utakaoulizwa. Mahojiano yote utanakiliwa kwa video. Kumbuka, jopo lililo hapa mbele watakuwa wakifuatilia na kuchambua mazungumzo na mawasiliano ya ishara na kufanya maelezo katika hotuba yako. Lazima ujibu kila swali kwa*

*kadri ya uwezo wako, kwa kuwa utendakazi wako wakati wa kikao hiki utapimwa. Baada ya shughuli ya mahojiano, utapewa shughuli nyingine, ambayo utaeleza kwa undani hapo baadaye. Je, una maswali yoyote?*

*Kama hakuna [zaidi] maswali, nitaondoka nje na kukaribisha jopo. Tafadhali fuata kwa makini maelekezo yote.*

*{Timer: Take away interview notes and turn on video camera}*

*{Lead: Exit and wait outside of the room for the duration of the TSST Questions (approximately 30 minutes)}*

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## **EVALUATOR**

*{When LEAD leaves the room, EVALUATORS enter the room}*

*{ACTIVE EVALUATOR will speak from this point forward. All communication is in English: both instructions by the stressor and responses by the participants. If a respondent switches to Swahili, ask them: "Please speak in English."}*

*{PASSIVE EVALUATOR will keep track of stopwatch time in addition to Timer}*

*{BOTH EVALUATORS: DO NOT SMILE, DO NOT ENGAGE IN SMALL TALK, DO NOT BE FRIENDLY. MAINTAIN EYE CONTACT. BE STERN AND SERIOUS}*

*(Active Evaluator: Begin using Survey CTO)*

## **[ACTIVE]:**

Good day. This is the interview portion of the task. We will ask each person questions and will be evaluating both your verbal answers & nonverbal behavior. Be sure to answer all questions to the best of your ability. We may ask you at any time to give a 2-minute speech. You must speak loud and clear and in English only. Remember, your performance in this task is both being recorded and evaluated, for a chance to win the monetary bonus, so it is in your best interest to give your best effort. Lets begin.

*{PASSIVE EVALUATOR: keep track of stopwatch time. Notify Active Eval when 1 minute is up per question and rest stopwatch.}*

*{ACTIVE: If the participant stops talking before 1 min. is up, stare in silence or ask follow up questions – MAKE IT STRESSFUL}*

*{Once the 1 min. is up per question, the participant will be interrupted and the next question will be generated and delivered}*

---

## **TIMER**



**Timer:** ⌚ Fill in green box **C17 Questions Phase – start** when the Active Evaluator asks the first participant a question. ⌚

**Timer:** ⌚ Fill in green box **C18 Questions Phase – end** when the last person asked a question finishes their answer. ⌚

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**[ACTIVE]:**

Thank you for your participation in the interview today. We will now leave the room briefly to review your answers and score your performance on this task. Remain silently where you are and wait for our return.

*{PASSIVE EVALUATOR: stop the video recording and begin recording again (a new video)}*

*{Evaluators leave the room to quickly fill out the “INTERVIEW” performance evaluation section for each participant; then return to the room when finished}*

*{Timer: Make sure participants remain silent and do not use their phones}*

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**3d. TSST Math Task**

*{Evaluators re-enter the room}*

**TIMER**

**Timer:** ⌚ Fill in green box **C19 Math Task – start** when the first participant is given their start number and begins. ⌚

**Timer:** ⌚ Fill in green box **C20 Math Task – end** when the Active Evaluator tells the last participant that their time is up. ⌚

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**EVALUATOR**

*{Active: Begin using SurveyCTO and refer to the number spreadsheet on next page after presenting each participant with his/her start number}*

*{Passive: Start the stopwatch when participant is given their start number. Notify Active Eval when 2 minutes passes. Reset stopwatch. Repeat for each participant}*

*{Note: numbers decrease across the page; the underlined numbers are possible starting #s}*

**[ACTIVE] – IF DAY 2 or DAY 5**

We will now explain the second exercise to you. It is an arithmetic task. Please count backwards



from a particular number in steps of **thirteen**. Do this as fast and as error-free as it is possible for you. If you make a mistake, we will notify you, and then you will have to start again from the beginning. We will be grading you on your performance.

For example, if the start number is 4000, you should subtract 13 to get 3987. Then, you should subtract 13 from 3987 to get 3974, and so on.

<b><u>4878</u></b>	4865	4852	<b><u>4839</u></b>	4826	4813
<b><u>4800</u></b>	4787	4774	<b><u>4761</u></b>	4748	4735
<b><u>4722</u></b>	4709	4696	<b><u>4683</u></b>	4670	4657
<b><u>4644</u></b>	4631	4618	<b><u>4605</u></b>	4592	4579
<b><u>4566</u></b>	4553	4540	<b><u>4527</u></b>	4514	4501
<b><u>4488</u></b>	4475	4462	<b><u>4449</u></b>	4436	4423
<b><u>4410</u></b>	4397	4384	<b><u>4371</u></b>	4358	4345
<b><u>4332</u></b>	4319	4306	<b><u>4293</u></b>	4280	4267
<b><u>4254</u></b>	4241	4228	<b><u>4215</u></b>	4202	4189
<b><u>4176</u></b>	4163	4150	<b><u>4137</u></b>	4124	4111
<b><u>4098</u></b>	4085	4072	<b><u>4059</u></b>	4046	4033
<b><u>4020</u></b>	4007	3994	<b><u>3981</u></b>	3968	3955
<b><u>3942</u></b>	3929	3916	<b><u>3903</u></b>	3890	3877
<b><u>3864</u></b>	3851	3838	<b><u>3825</u></b>	3812	3799
<b><u>3786</u></b>	3773	3760	<b><u>3747</u></b>	3734	3721
<b><u>3708</u></b>	3695	3682	<b><u>3669</u></b>	3656	3643
3630	3617	3604	3591	3578	3565
3552	3539	3526	3513	3500	3487
3474	3461	3448	3435	3422	3409
3396	3383	3370	3357	3344	3331
3318	3305	3292	3279	3266	3253
3240	3227	3214	3201	3188	3175

**[ACTIVE] – IF DAY 3**

We will now explain the second exercise to you. It is an arithmetic task. Please count backwards from a particular number in steps of **fourteen**. Do this as fast and as error-free as it is possible for you. If you make a mistake, we will notify you, and then you will have to start again from the beginning. We will be grading you on your performance.

For example, if the start number is 4000, you should subtract 14 to get 3986. Then, you should subtract 14 from 3986 to get 3972, and so on.

<b><u>4878</u></b>	4864	4850	<b><u>4836</u></b>	4822	4808
<b><u>4794</u></b>	4780	4766	<b><u>4752</u></b>	4738	4724
<b><u>4710</u></b>	4696	4682	<b><u>4668</u></b>	4654	4640
<b><u>4626</u></b>	4612	4598	<b><u>4584</u></b>	4570	4556
<b><u>4542</u></b>	4528	4514	<b><u>4500</u></b>	4486	4472
<b><u>4458</u></b>	4444	4430	<b><u>4416</u></b>	4402	4388
<b><u>4374</u></b>	4360	4346	<b><u>4332</u></b>	4318	4304
<b><u>4290</u></b>	4276	4262	<b><u>4248</u></b>	4234	4220
<b><u>4206</u></b>	4192	4178	<b><u>4164</u></b>	4150	4136
<b><u>4122</u></b>	4108	4094	<b><u>4080</u></b>	4066	4052
<b><u>4038</u></b>	4024	4010	<b><u>3996</u></b>	3982	3968
<b><u>3954</u></b>	3940	3926	<b><u>3912</u></b>	3898	3884
<b><u>3870</u></b>	3856	3842	<b><u>3828</u></b>	3814	3800
<b><u>3786</u></b>	3772	3758	<b><u>3744</u></b>	3730	3716
<b><u>3702</u></b>	3688	3674	<b><u>3660</u></b>	3646	3632
<b><u>3618</u></b>	3604	3590	<b><u>3576</u></b>	3562	3548
3534	3520	3506	3492	3478	3464
3450	3436	3422	3408	3394	3380
3366	3352	3338	3324	3310	3296
3282	3268	3254	3240	3226	3212
3198	3184	3170	3156	3142	3128
3114	3100	3086	3072	3058	3044

**[ACTIVE] – IF DAY 4 or DAY 6**

We will now explain the second exercise to you. It is an arithmetic task. Please count backwards from a particular number in steps of **seventeen**. Do this as fast and as error-free as it is possible for you. If you make a mistake, we will notify you, and then you will have to start again from the beginning. We will be grading you on your performance.

For example, if the start number is 4000, you should subtract 17 to get 3983. Then, you should subtract 17 from 3983 to get 3966, and so on.

<b><u>4878</u></b>	4861	4844	<b><u>4827</u></b>	4810	4793
<b><u>4776</u></b>	4759	4742	<b><u>4725</u></b>	4708	4691
<b><u>4674</u></b>	4657	4640	<b><u>4623</u></b>	4606	4589
<b><u>4572</u></b>	4555	4538	<b><u>4521</u></b>	4504	4487
<b><u>4470</u></b>	4453	4436	<b><u>4419</u></b>	4402	4385
<b><u>4368</u></b>	4351	4334	<b><u>4317</u></b>	4300	4283
<b><u>4266</u></b>	4249	4232	<b><u>4215</u></b>	4198	4181
<b><u>4164</u></b>	4147	4130	<b><u>4113</u></b>	4096	4079
<b><u>4062</u></b>	4045	4028	<b><u>4011</u></b>	3994	3977
<b><u>3960</u></b>	3943	3926	<b><u>3909</u></b>	3892	3875
<b><u>3858</u></b>	3841	3824	<b><u>3807</u></b>	3790	3773
<b><u>3756</u></b>	3739	3722	<b><u>3705</u></b>	3688	3671
<b><u>3654</u></b>	3637	3620	<b><u>3603</u></b>	3586	3569
<b><u>3552</u></b>	3535	3518	<b><u>3501</u></b>	3484	3467
<b><u>3450</u></b>	3433	3416	<b><u>3399</u></b>	3382	3365
<b><u>3348</u></b>	3331	3314	<b><u>3297</u></b>	3280	3263
<b><u>3246</u></b>	3229	3212	<b><u>3195</u></b>	3178	3161
3144	3127	3110	3093	3076	3059
3042	3025	3008	2991	2974	2957
2940	2923	2906	2889	2872	2855
2838	2821	2804	2787	2770	2753
2736	2719	2702	2685	2668	2651
2634	2617	2600	2583	2566	2549

*{ACTIVE: When a participant makes a mistake say the following}*

**[ACTIVE]:**

**“Wrong. Please start again at \_\_(*their number*)\_\_.”**

*{Active: Continue with following script when Passive Eval notifies you that time is up}*

**[ACTIVE]:**

Thanks, that will do.

*{Active: Continue SurveyCTO until all participants complete the task}*

**[ACTIVE]:**

Thank you for participating in this task. We will now leave the room to review and score your performance during that task. Please wait for further instructions from the Lab Lead.

*{PASSIVE EVALUATOR: stop video recording and turn off the video camera}*  
*{BOTH EVALUATORS: leave the room and fill out the MATH performance evaluation section for each participant}*

*{Timer: At the conclusion of the math task, verify that the evaluators turned off the video camera before leaving the room}*

*{Lead: Return to the room at the conclusion of MATH TASK, as the evaluators leave}*

---

#### **4. PANAS**

##### **LEAD**

**[LEAD]:**

Thank you for participating in that task.

We will now repeat the same questionnaire that you completed yesterday, asking you about your current emotional state. For each of the following statements, please think about the degree to which you currently feel the emotion, where 1 means “not at all” and 5 means “very much”. Please indicate the degree to which you feel this emotion right now. Use the options in the middle if you fall somewhere in between.

*Asante kwa kushiriki katika shughuli hiyo.*

*Kwa sasa tutarudia tena orodha ya maswali ya uchunguzi uliokamilisha jana, tukiulizia kuhusu hali yako ya kihisia ya sasa. Kwa kila moja ya kauli zifuatazo, tafadhali fikiria ni kwa kiwango kipi unahisi hizo hisia, ambapo 1 inamaanisha “hapana kabisa” na 5 “kabisa zaidi”. Tafadhali onyesha ni kwa kiwango kipi unavyohisi hizo hisia kwa wakati huu. Tumia chaguzi za kati kama jibu lako ni katikati.*

*{Lead: Start PANAS on Tablets. Walk around to confirm that PANAS has loaded on every participant's screen and then instruct participants to begin.}*

### **Questions**

1. In the present moment, I feel interested.  
*Sasa hivi nahisi kuwa na hamu ya kufanya jambo.*
2. In the present moment, I feel distressed  
*Sasa hivi nahisi kusunoneka.*
3. In the present moment, I feel excited.  
*Sasa hivi nahisi nimechangamka.*
4. In the present moment, I feel upset.  
*Sasa hivi nahisi kuudhika.*
5. In the present moment, I feel strong.  
*Sasa hivi nahisi mwenye nguvu.*
6. In the present moment, I feel guilty.  
*Sasa hivi nahisi mwenye hatia.*
7. In the present moment, I feel hostile.  
*Sasa hivi nahisi kuonyesha uhasama.*
8. In the present moment, I feel proud.  
*Sasa hivi nahisi majivuno.*
9. In the present moment, I feel irritable.  
*Sasa hivi nahisi kukerwa.*
10. In the present moment, I feel alert.  
*Sasa hivi nahisi uko chonjo.*
11. In the present moment, I feel ashamed.  
*Sasa hivi nahisi mwenye aibu.*
12. In the present moment, I feel inspired.  
*Sasa hivi nahisi kupa motisha.*
13. In the present moment, I feel nervous.  
*Sasa hivi nahisi kuwa na uoga.*
14. In the present moment, I feel determined.  
*Sasa hivi nahisi mwenye bidii.*
15. In the present moment, I feel attentive.  
*Sasa hivi nahisi kuwa makini.*
16. In the present moment, I feel jittery.  
*Sasa hivi nahisi siwezi kutulia*
29. In the present moment, I feel active  
*Sasa hivi nahisi mchangamfu.*
30. In the present moment, I feel afraid.

*Sasa hivi nahisi kuogopa.*

31. In the present moment, I feel stressed.

*Sasa hivi nahisi kusumbuka kimawazo.*

32. In the present moment, I feel anxious.

*Sasa hivi nahisi kuwa na wasiwasi.*

33. In the present moment, I feel aggressive.

*Sasa hivi nahisi uchokozi.*

34. In the present moment, I feel agitated.

*Sasa hivi nahisi kukasirishwa.*

35. In the present moment, I feel dizzy.

*Sasa hivi nahisi kizunguzungu.*

36. In the present moment, I feel a fast slow, pounding, or irregular heartbeat or pulse.

*Sasa hivi nahisi roho yangu inagonga haraka, inapiga kwa nguvu ama inapiga bila mpangilio.*

37. In the present moment, I feel a shortness of breath.

*Sasa hivi nahisi kupungukiwa na hewa.*

38. In the present moment, I feel that I have trouble thinking.

*Sasa hivi nahisi ninashida ya kufikiria.*

39. In the present moment, I have a headache.

*Sasa hivi naumwa na kichwa.*

28. In the present moment, I feel my mood is changing.

*Sasa hivi nahisi 'mood' yangu inabadilika.*

## **TIMER**

**Timer:**  Fill in green box **C21 PANAS - start** when PANAS started on tablets. 

**Timer:**  Fill in green box **C22 PANAS - end** when PANAS ends on tablets. 

## **5. GUESSING MODULE**

*{Lead: Start GuessingModule\_treatment on tablets. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

**[LEAD]:**

We are now going to ask you some questions about how you think you performed today.

*Kwa sasa tutakuuliza maswali kuhusu unavyofikiria umefanya kazi leo.*

1. In which place would you rank your performance on the speech and interview tasks compared to the other members of your group? (select one)

*Unaeza weka wapi utendakazi wako kwenye shughuli ya kujieleza na mahojiano ukijilinganisha*

*na washiriki wengine wa kundi lako, hata kama hukuwa unatathminiwa? (Chagua moja)*

1      2      3<sup>rd</sup>      4<sup>t</sup>      5<sup>th</sup>

2. In which place would you rank your performance on the math task compared to the other members of your group?

*Unaeza weka wapi utendakazi wako katika shughuli ya hesabu ukijilinganisha na washiriki wengine wa kundi lako, hata kama hukuwa unatathminiwa?*

1      2      3<sup>rd</sup>      4<sup>t</sup>      5<sup>th</sup>

3. How confident are you in your ratings of your performance today relative to your peers?

*Una ujasiri kwa kiwango kipi katika makadirio yako ya utendakazi wako leo ikilinganishwa na wenzako?*

- 1- Not at all Confident
- 2- Slightly Confident
- 3- Moderately Confident
- 4- Very Confident
- 5- Extremely Confident

## **TIMER**

**Timer:**  Fill in green box **C23 Guessing Module - start** when *GuessingModule\_treatment* started on tablets. 

## **6. GENERAL QUESTIONNAIRE\_SHORT**

*{Lead: Start General Questionnaire Short zTree treatment. Walk around to confirm that GuessingModule has loaded on every participant's screen and then instruct participants to begin.}*

## **LEAD**

**[LEAD]:**

You will now be asked a series of simple questions. We will go through these together.

*Utaulizwa mzururu wa maswali rahisi. Tutazipitia pamoja.*

- 1. Did you smoke today?  
*Umevuta sigara leo?*
- 2. Did you drink alcohol, tea, or coffee today?  
*Umekunywa pombe, chai au kahawa leo?*
- 3. At what time did you wake up today? (4:00 4:30.... 10:30)  
*Leo umeamka saa ngapi?*
- 4. Did you eat or drink (anything besides water) in the 2 hours before you arrived

today? (yes = 1, no = 2)

*Je umekula au kunywa (kitu kingine isipokuwa maji) saa mbili kabla kufika hapa?*

5. Did you perform intense exercise (for example: cycling, weightlifting, or engaging in sexual activity) in the 2 hours before you arrived today?

*Je, ulifanya zoezi ngumu (kwa mfano: kuendesha baiskeli, kunyanyua uzani au ngono) saa mbili kabla kufika hapa?*

**[LEAD]:**

Thank you for that.

*Asante kwa hayo.*

## **TIMER**

**Timer:** ⌚ Fill in green box **C24 General Questionnaire - start** when *GeneralQuestionnaire\_short* started. ⌚

**Timer:** ⌚ Fill in green box **C25 General Questionnaire - end** when *GeneralQuestionnaire\_short* ends. ⌚

## **7. DEBRIEF**

**LEAD:**

**[LEAD]:**

Thank you for your participation in the study. Our study today was interested in the effects of stress on the body. We are very sorry if you felt very uncomfortable completing the verbal or math task today. Now, if you have any questions or comments about the tasks you've conducted today, let me know, especially if you feel sick or distressed as a result of your participation.

*Asanteni kwa kushiriki kwa huu utafiti. Utafiti wetu leo ulikuwa unachunguza athari za stress mwilini. Poleni sana kama shuguli za hesabu na kujibu maswali yaliwakera mulipokuwa mukiyaifanya. Sasa, kama uko na swali lolote au maoni kuhusu shuguli muliofanya leo, unaeza nijulisha, sanasana kama unahisi kuwa mgonjwa au umedhohofika kwa sababu ya kushiriki kwako.*

We thank you very much for having participated today! Remember that the answers you gave are completely confidential and will not be shared with anyone outside the research team in individualized form. Also, please feel free to tell your friends about Busara; we are always looking for new participants.

*Tunawashukuru sana kwa kushiriki kwenye leo! Kumbuka kuwa majibu ulizopeana ni ya siri na hayatafichuliwa na mtu yoyote ambaye si mmoja wa watafiti wetu. Pia, tafadhali kuwa huru kueleza marafika wako kuhusu Busara; huwa tunatafuta washiriki wapya.*

You will get paid KSH 350 for your participation and transport today, plus an additional KSH 50 bonus if you showed up on time. You will receive a portion of this money in cash before you



leave today, and the remaining amount will be transferred to the phone number you gave us when you registered by MPesa this afternoon.

*Utalipwa shilingi 350 kwa kushiriki na nauli yako ya leo, pia tutakuongeza shilingi hamsini ya ziada kama ulifika mapema. Utapata kiasi cha pesa hizi kwa mkono kabla hujatoka leo, na kiasi kilichobaki utatumiwa kwa nambari yako ya simu ya mpesa uliyojiandikisha nayo Busara leo mchana.*

Finally, remember that this study last for a total of 7 days, requiring you to come back tomorrow to participate in the remaining sessions. Kindly arrive to **[location]** at **[time]** tomorrow.

*Mwisho, kumbuka ya kwamba utafiti huu utaendelea kwa siku saba, hivyo basi, utahitajika uje kesho kwa vikao vijazo. Tafadhali fika [pahali] saa [saa ngapi] kesho.*

**{If day 2-5}:** The session will last about 1 hour 30 minutes. Remember that you will be paid 350 shillings for your participation, plus 50 shillings bonus if you arrive on time.

*Kikao kitachukua muda wa saa 1 na dakika 30. Kumbuka kuwa utalipwa shilingi 350 ya kushiriki na 50 pesa ya ziada ya ukifika mapema.*

**{If day 6}:** The session will last about 5 hours. Remember that you will be paid 650 shillings for your participation, plus 50 shillings bonus if you arrive on time.

*Kikao kitachukua muda wa masaa 5. Kumbuka kwamba utalipwa shilingi 650 ya kushiriki na 50 pesa ya ziada ukifika mapema*

By showing up tomorrow, you give yourself a chance to be a winner of the KSH 2500 bonus if you are among one of the top two performers on the day and task that is randomly chosen to be paid out. If you do not show up, you have no chance of winning the monetary bonus if that day is chosen. Therefore, it is in your best interest to show up and give your best effort to perform to the best of your ability on all tasks tomorrow

*Kushiriki kesho, utakua unaongezea nafasi yako ya kuwa mshindi wa shilingi 2500 pesa ya ziada kama utakuwa mmoja wa washiriki bora wawili wa hiyo siku na shughuli itakayochaguliwa kuwa ya malipo. Na kama hauta kuja, hautakuwa na nafasi ya kushinda pesa za ziada kama siku hiyo itachaguliwa. Kwa hivyo, ni muhimu sana uje na ufanye kadri ya uwezo wako kwa shughuli zote za kesho.*

Additionally, if you attend all 7 days of the study, you will receive an additional KSH 300 bonus. Please remember not to drink alcohol, drink coffee, or smoke at all during the 7-day study period, especially before the session. Also, you should not eat, drink liquids other than water, or engage in strenuous physical activity, including sexual activity, during the last 2 hours before the session tomorrow. If you have any questions about this, please ask before you leave today.

*Zaidi ya hayo, Ukishiriki kwa siku zote saba, utapata shilingi 300 ya ziada. Tafadhali kumbuka kuwa hufai kunywa pombe, kahawa au kuvuta sigara katika siku zote saba za utafiti, sanasana kabla ya kikao. Pia, usile, usikunywe vinywaji vingine isipokuwa maji, na usijihusishe na kazi ngumu ngumu, usijihusishe na ngono pia masaa mawili kabla ya kikao kesho. Kama uko na swali lolote kuhusu haya tafadhali uliza kabla hujatoka.*



The session has finished. Please pack up your things now and join me. Wait in the waiting room until we pay you. Please give me the placecard on the way out. Thank you very much!

*Kikao kimekamilika. Tafadhali kusanya vitu vyako na ujiunge nami. Ngoja katika chumba cha kusubiri hadi nitakapowalipa. Tafadhali nipe place card ukitoka. asante sana.*

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**TIMER**

**Timer:**  Fill in green box **C26 Debrief - start** when the Debrief begins. 

**Timer:**  **Record** the **clock time** when the session ends in cells **C27** and **B4**. 

*{**Timer:** Verify that all boxes corresponding to grey rows in the timesheet are completely filled in and check for accuracy. Please list any errors, inconsistencies, etc. in the Notes box.}*

**ADULT CONSENT FORM**  
**PRINCETON UNIVERSITY**  
*Department of Psychology*

TITLE OF RESEARCH: *How does stress affect health behaviors – preferences beliefs or constraints?*

PRINCIPAL INVESTIGATOR: *Johannes Haushofer*

IRB PROTOCOL #: 7367

IRB Approval Date: 11/10/2016

IRB Expiration Date: 9/20/17

Participant ID #: \_\_\_\_\_

*[Reminder to Nurse: please read ALOUD the highlighted texts (in Swahili).]*

You are being invited to take part in a research study. Before you decide to participate in this study, it is important that you understand why the research is being done and what it will involve. Please take the time to read the following information carefully. Please ask the researcher if there is anything that is not clear or if you need more information.

Umealikwa kushiriki kwa huu utafiti. Kabla hujaamua kushiriki kwa huu utafiti, ni muhimu kuelewa kwanza kwa nini huu utafiti unafanyika na unahusu nini. Tafadhali chukua muda wako kusoma huu ujumbe uko hapo chini kwa makini. Tafadhali uliza mtafiti kama kuna kitu huelewi ama kama unahitaji ujube zaidi.

**Purpose of the research:**

The objective of this study is to explore the effect of stress hormones (chemical levels in the body that influence mood and behavior) on how people make economic decisions. You are being asked to participate to help us learn more about the decisions that humans make under stressful conditions.

Lengo la huu utafiti ni kuchimbua athari za homoni (kiwango cha kemikali kwa mwili inayo athiri kununa ama mienendo) vile watu wanavyo fanya uamuzi wa kiuchumi. Unaulizwa kushiriki, kutusaidia kujifunza zaidi kuhusu yale maamuzi watu hufanya wakiwa katika hali ya kusumbuka kimawazo “stress”.

Your participation in this research is completely VOLUNTARY. If you choose to participate you may subsequently withdraw from the study at any time without penalty or consequences of any kind. If you withdraw, it will not affect your right to health care or any other service to which you are entitled.

Kushiriki kwako kwa huu utafiti ni kujitakia. Ukiamua kushiriki halafu hatimaye uamue kujiondoa kwa huu utafiti hutatoshwa faini yoyote. Ukiamua kujiondoa haita athiri haki ya afya yako ama service yoyote unayo faa kupata.

## Inclusion Criteria

To participate you have to fulfill the following criteria. IF YOU DO NOT MEET THESE CRITERIA, YOU CANNOT PARTICIPATE IN THE STUDY. PARTICIPATING EVEN THOUGH YOU DO NOT MEET THESE CRITERIA MAY BE DANGEROUS TO YOUR HEALTH.

KUSHIRIKI KWA HUU UTAFITI LAZIMA UTIMIZE MAMBO YAFUATAYO. KAMA HUTAHITIMU KWA HII CRITERIA. HUTASHIRIKI KWA UTAFITI. KUSHIRIKI KAMA HUJAHITIMU KUFUATIA HAYA MAMBO ITAKUWA HATARI KWA AFYA YAKO

1. You are not a psychology or economics major.

Wewe si mwana sikologia ama unashughulikia mambo ya uchumi

2. You weigh no more than 190 lbs.

Una uzani zaidi ya kilo 82.6

3. You do not smoke more than 5 cigarettes per day on average, drink no more than 1 bottle of wine or 2 pints of beer per day on average, and do not consume cannabis or other drugs more than 1-2 times per month.

Hauvuti sigara ya Zaidi ya tano kwa kila siku kijumla, hunywi zaidi ya chupa moja ya wine ama chupa mbili za bia kila siku kijumla, na hautumii madawa ya kulevya Zaidi ya mara moja ama mbili kwa mwezi

4. You will not be able to consume alcohol or coffee starting 24 hours before the study and continuing for your full participation. Some individuals will be asked to participate over a 7 day period. If you are one of these individuals, you will not be able to consume alcohol or coffee for this entire period.

Hautakunywa pombe ama kahawa, masaa ishirini na inne kabla ya kuanza utafiti na kuendelea kwa muda wote utakao shiriki kwa utafiti. Watu wengine wataulizwa kushiriki kwa muda wa siku saba. Kama utakuwa mmoja wa watu hawa, hautakunywa pombe ama kahawa kwa huo muda wote.

5. You are prepared to not eat or drink for the last 2 hours before the study (drinking water is ok), and to not engage in strenuous physical activity (including cycling and sexual activity). Individuals participating over a 7 day period will not be able to eat, drink or engage in strenuous physical activity (including cycling and sexual activity) for the 2 hours before they come in to participate on each day they are required to participate.

Ujitayarisha kutokula ama kunywa kitu chochote kwa masaa mawili kabla ya kuanza utafiti( kunywa maji ni sawa), pia kutojishirikisha kwa kazi mzito ya kimwili(pia kuendesha baiskeli na kushiriki kwa kitendo cha ndoa). Watu amboa watashiriki kwa siku saba hawatakula, kukunywa ama kujishirikisha kwa kazi mzito ya kimwili( pia kuendesha baiskeli na kushiriki kwa kitendo cha ndoa) kwa masaa mawili kabla ya kukuja kushiriki kwa kila siku watakao ulizwa kukuja kushiriki

6. You should not participate if you have any infections or medical conditions. This is especially important for individuals with liver disease (like cirrhosis); kidney disease; a thyroid disorder (the thyroid is an important organ in the neck that makes important chemicals); diabetes; a history of malaria; tuberculosis (either a current infection or the presence of the disease without symptoms); osteoporosis (a bone disorder); a muscle disorder such as myasthenia gravis (a disease causing muscles weakness); glaucoma or cataracts (conditions that impact sight); stomach ulcers, ulcerative colitis, or diverticulitis (common stomach and digestive issues); depression or mental illness; congestive heart failure; high or low blood pressure; strongyloides (threadworm) infection; herpes simplex, particular infection of the eyes; hypothyroidism (a disease in which the thyroid cannot produce the right level of important chemicals); fresh intestinal anastomoses (a problem with the intestines); renal insufficiency (problem with the kidneys); tuberculosis (TB); malaria; or congenital or acquired immunodeficiency. **In a moment, the nurse will discuss these**

**conditions with you in detail to make sure you are eligible. If you are uncertain whether you may have any of the conditions, please consult the nurse before consenting to participate.**

Haufai kushiriki kama uko na maambukizi ama kuwa mgonjwa. Hii hasa ni muhimu kwa mtu ambaye ako na ugonjwa wa maini, ugonjwa wa figo, shida ya thyroid (thyroid ni kiungo muhimu iko kwa shingo na ina tengeneza kemikali muhimu), sukari, malaria, TB (maambukizi ya hivi karibuni ama kuwa na ugonjwa lakini haijaonyesha dalili), ugonjwa wa mifupa, ugonjwa wa misuli (kama vile kufanya misuli kuwa nyepesi, shida ya macho (cataract)-shida ya kuona, vinonda kwa tumbo shida ya matumbo, huzuni ama shida ya kiakili, shida ya moyo, blood pressure kuwa juu ama chini. Maambukizi ya minyoo, vinonda kwa njia ya siri, maambukizi ya macho, goitre ama thyroid kutofanya kazi inavyotakikana, shida na matumbougonjwa wa figo, tb, malaria, ukimwi. Kama huna uhakika kama uko na hayo maugonjwa tafadhali ongea na muuguzi.

7. You are not currently taking medications (in particular drugs that induce hepatic enzymes such as phenobarbital, phenytoin and rifampin; troleandomycin and ketoconazole; chronic high dose aspirin; oral anticoagulants; heart and blood pressure-related medication)

Hautumii dawa yoyote kama dawa za kifafa, za tb, za fungal ama ngozi dose ya juu ya aspirin, dawa za kufanya damu isigande, dawa za moyo ama pressure

8. You do not have a history of psychiatric disorder
9. You are not currently in psychiatric or psychotherapeutic treatment
10. You have not been, and will not be, vaccinated within 1 week of participation.
11. You have either been vaccinated against, or have been previously infected with, chicken pox and measles in the past month
12. You have not recently been under severe stress
13. You are not, and there is no way you could be, currently pregnant or breastfeeding (as determined by questions from the Nurse's Checklist)

Huna shida ya kiakili ama kupagawa.

Hauko kwa dawa zote za kiakili ama za kisikologia.

Haujapokea ama hutapokea chanjo kwa wiki moja ya kushiriki.

Umepokea chanjo ama umeambukizwa ugonjwa wa chicken pox na measles kwa muda wa mwezi mmoja.

Hajakuwa kwa stress za hali ya juu hivi karibuni.

Huna mimba ama hakuna uwezekano unaweza kuwa mja mzito ama kunyonyesha. (lakini hayo nitakuuliza mwenyewe tukitumia checklist tofauti)

In order to think about these criteria, please read each item below in the Exclusion Criteria Checklist and mark the box "yes" if the statement applies to you and "no" if the statement does not apply to you. If you are uncertain whether you fulfill these criteria or have any questions, please contact the lab staff.

Ili kufikiria kuhusu kuhitimu tafadhali soma kila bidhaa hapo chini za exclusion criteria checklist na uweke alama kwa sanduku "yes" kama vile inakuhusu ama "no" kama hilo jambo halikuhusu. Kama hauna uhakika kama unahitimu ama uko na swali, tafadhali ongea na wafanyi kazi wa lab

***Please read each item carefully and mark the appropriate box "yes" if the statement applies to you and "no" if the statement does not apply to you:***

Nurse's diagnosis:			Please indicate whether this criterion applies to you:		
Yes	No	Bio-metrics:	Yes	No	Unsure
		1. Weighs more than 190 lbs / 86.2 kg uko na uzito wa zaidi ya kilo themanini na sita			
		<b>Consumption of alcohol, tobacco, and other drugs:</b>	Yes	No	Unsure
		2. Smokes more than 5 cigarettes per day (on average) unavuta zaidi ya sigara tano kwa siku			
		3. Drinks more than 1 bottle of wine or 2 pints of beer per day, or the equivalent in local brew or other alcohol u navuta sigara , kunywa pombe ama unatumia madawa ya kulevya yoyote			
		4. Consumes cannabis / other drugs (e.g. khat/miraa, cocaine, heroine and other injection drugs) more than 1- 2 times per month unatumia bangi,miraa, kokain,heroine ama madawa yoyote ya kujindunga) Zaidi ya moja 1-2 kwa mwezi			
		<b>Do you currently have or have a history of any of the following infections or medical conditions:</b>	Yes	No	Unsure
		5. Liver Disease (e.g., cirrhosis) or any previous jaundice or yellowness of the eyes <ul style="list-style-type: none"> <li>o Yellowing of the eyes</li> <li>o Swelling in feet, or around the eyes</li> </ul> Ugonjwa wa maini (kama ugonjwa unaosababishwa na kukunywa pombe sana ama hepatitis) umekuwa na jaundice ama kuwa yellow macho -Yellow kwa macho -Kufura miguu,ama kufura karibu na macho			
		6. Renal insufficiency or kidney disease; previously or currently receiving dialysis or transplant <ul style="list-style-type: none"> <li>o Reduction in urine output</li> <li>o Swelling of lower limbs</li> </ul> Figo kutofanya vizuri ama ugonjwa wa figo;hapo awali ama kwa saai unapokea dialysis ama transplant ya figo -Kiasi ya mkonjo kupunguka -Kufura miguu.			
		7. Thyroid disease or hypothyroidism <ul style="list-style-type: none"> <li>o Racing heartbeat</li> <li>o Fatigue or weakness</li> <li>o Tremor</li> <li>o Heat intolerance</li> <li>o Neck swelling</li> </ul> Thyroid disease or hypothyroidism -Roho kukimbia sana -Kuchoka ama kuskia myonge -Kutetemeka			

		<p>-Kutovumilia joto</p> <p>-Kufura shingo (goiter)</p>			
		<p>8. Diabetes</p> <p>Are you being treated for diabetes? In addition, do you exhibit the following symptoms?</p> <ul style="list-style-type: none"> <li>o Constant tiredness</li> <li>o Urinating frequently, especially at night</li> <li>o Being thirsty</li> <li>o Big appetite</li> </ul> <p>Sukari, unatibiwa ugonjwa wa sukari? Zaidi ya hayo unaweza kuwa unaskia dalili kama hizi</p> <p>-Kuchoka kila mara</p> <p>-Kukojoa mara mingi, san asana usiku</p> <p>-Kuskia kiu</p> <p>-Kuskia kukula sana (appetite kuwa juu)</p>			
		<p>9. Current malaria</p> <p>Do you feel the following symptoms AND have you traveled out of the city in the past three weeks?</p> <ul style="list-style-type: none"> <li>o Nausea, headache, vomiting, diarrhea</li> <li>o Shaking chills, high fever, profuse sweating</li> </ul> <p>Umekuwa mgonjwa malaria ama uko mgonjwa kwa saai. Unaskia kati ya hizi dalili nitakusomea ama umetembea kutoka Nairobi kwa wiki tatu zilizopita</p> <p>-Kuchafuka roho, kichwa kuuma, kutapika, kuharisha</p> <p>-Kutetemeka na kuskia baridi, joto iko juu, kutoa jasho sana.</p>			
		<p>10. Have you ever been told that you might have TB?</p> <ul style="list-style-type: none"> <li>o Unintentional weight loss</li> <li>o Drenching night sweats</li> <li>o Coughing up blood</li> <li>o Chest pain or pain with breathing</li> <li>o Prolonged and constant coughing that lasts more than three weeks</li> </ul> <p>TB</p> <p>-Kuongeza uzito haukutarajia.</p> <p>-Kulowa jasho ama kutokwa na jasho mingi</p> <p>-Kukohoa damu</p> <p>-Uchungu kwa kifua ama uchungu ukipumua.</p> <p>-Kukohoa kwa muda mrefu ama kukohoa kila mara kwa Zaidi ya wiki tatu</p>			
		<p>If yes, was treatment completed?</p> <p>Kama ndio, ulimaliza matibabu lini</p>			
		<p>11. Osteoporosis or Arthritis</p> <ul style="list-style-type: none"> <li>o Constant back and bone pain</li> <li>o Constant and prolonged joint pains</li> </ul> <p>Mifupa kuwa nyepesi. ama ugonjwa wa mifupa.</p> <p>-Kuumwa na mgongo ama mifupa mara kwa mara</p>			

		-Kuumwa na viuongo mara kwa mara na kwa muda mrefu			
		<p>12. Muscle disorder (e.g., myasthenia)</p> <ul style="list-style-type: none"> <li>o Muscle weakness, specifically face and throat muscle (for example, altered speaking, difficulty swallowing, problems chewing, limited facial expressions)</li> </ul> <p>Shida ya misuli kama misuli kuwa nyepesi</p> <p>-Misuli kuwa nyepesi san asana uso na koo(kwa mfano shida ya kuongea, kumeza kutafuna, kujieleza usoni kwa kiwango kidogo</p>			
		<p>13. Eye problems such as:</p> <p>Glaucoma or cataracts</p> <p>Infection of the eyes</p> <ul style="list-style-type: none"> <li>o Eye pain and/or discharge</li> <li>o Blurred vision</li> <li>o Light Sensitivity</li> </ul> <p>Shida ya macho kama glaucoma ama cataracts, maambukizi ya macho</p> <p>-Uchungu ya macho na/ama kutokwa na uchafu</p> <p>-Shida ya kuona</p> <p>-Kuogopa kuangalia mwangaza</p>			
		<p>14. Common stomach and digestive issues:</p> <p>Stomach ulcers</p> <p>Ulcerative colitis</p> <p>Diverticulitis</p> <ul style="list-style-type: none"> <li>o Burping or acid reflux/heartburn</li> <li>o Dull pain in stomach</li> <li>o Recurrent or constant abdominal cramping</li> <li>o Bloody stools</li> <li>o Bloating</li> </ul> <p>Shida kawaida za tumbo na utumbo;vinonda tumboni</p> <p>-Kiungulia</p> <p>-Uchungu kwa tumbo</p> <p>-Uchungu kwa tumbo mara kwa mara ama kwa mda mrefu</p> <p>-Choo ikon a damu</p> <p>-Kufura tumbo</p>			
		<p>15. Fresh intestinal anastomoses or recent abdominal surgery</p> <p>Upasuaji kwa tumbo miezi sita iliyo pita</p>			
		<p>16. Congestive heart failure or any other heart problem</p> <ul style="list-style-type: none"> <li>o Shortness of breath</li> <li>o Fluid and water retention</li> <li>o Easy fatigability (can't walk a flight of stairs without resting, tired/breathless while walking)</li> <li>o Chest pain or discomfort</li> <li>o Irregular heartbeats</li> </ul> <p>Shida ya moyo</p> <p>-Kupungukiwa na hewa</p> <p>-Kufura mwili</p>			



		<p>-Kuchoka haraka( huwezi tembea stair kidogo bila kupumzika,kuchoka/kukosa hewa saa ile unatembea)</p> <p>-Uchungu kwa kifua ama usumbufu</p> <p>-Moyo kutopiga kwa utaratibu</p>			
		<p>17. High or low blood pressure</p> <p>Have you ever been diagnosed with and are currently taking medication for high or low blood pressure?</p> <p>Pressure kuwa chini ama juu. Ushawahi ambiwa ama kwa saai unakunywa dawa za pressure iko chini ama juu.</p>			
		<p>18. Asthma</p> <p>Have you ever been diagnosed with and are currently taking medication for asthma?</p> <p>Asthma. Ushawahi ambiwa uko na ama unakunywa dawa za asthma?</p>			
		<p>19. Strongyloides (threadworm) infection</p> <ul style="list-style-type: none"> <li>o Anal itchiness</li> <li>o Worms in the stool</li> </ul> <p>Minyoo</p> <p>-Kujikuna kwa njia ya choo</p> <p>-Minyoo kwa choo</p>			
		<p>20. Herpes Simplex infection or any genital ulcer diseases (in the past month)</p> <ul style="list-style-type: none"> <li>o Genital sores, itching or pain</li> </ul> <p>Vidonda sehemu za siri kwa muda wa mwezi mmoja uliyopita</p> <p>-Vidonda sehemu za siri, kujikuna na uchungu</p>			
		<p>21. Acquired or congenital immunodeficiency (HIV/AIDS, congenital etc)</p> <ul style="list-style-type: none"> <li>o Recurrent infection</li> <li>o HIV+</li> <li>o Unexpected weight loss</li> <li>o (Nurse: look for generalized body rashes)</li> </ul> <p>Ukimwi</p> <p>-Maambukizi ya hivi karibuni</p> <p>-Kupoteza kilo usipotarajia</p> <p>-Ugonjwa ama shida yoyote</p>			
		<p>22. Any other infection or condition</p> <p>maambukizi yoyote ile</p>			
		<p>23. Have you ever received a chicken pox or measles vaccination or been infected with either disease in the past month</p> <ul style="list-style-type: none"> <li>o Rashes/spots in clusters or small greyish-white spots in mouth</li> </ul> <p>Chicken pox, measles (upele kwa ngozi) ama umepata mambukizi ya hayo magonjwa kwa m wezi mmoja uliyo pita</p> <p>-Vidonda ama vipele kwa mdomo.</p>			
		<p><b>Do you currently use or have you recently used any of the following medications or therapies:</b></p>	Yes	No	Unsure

		<b>Unatumia dawa yoyote kwa saai. Kama ndio, kisha</b>			
		24. Are any of your drugs to treat epilepsy? If yes, then indicate if they are: Drugs that induce hepatic enzymes (e.g., phenobarbital, phenytoin and rifampin) <b>-Dawa za kifafa</b>			
		25. Are any of your drugs to treat fungal infections? If yes, then indicate if they are: Troleandomycin or ketoconazole <b>-Dawa za kutibu maambukizi ya vimelea ama ngozi</b>			
		26. Chronic high dose aspirin <b>-Dosi ya juu ya asprin</b>			
		27. Oral anticoagulants For example warfarin <b>-Dawa za kufanya damu isigande kama warfarin</b>			
		28. Heart or blood pressure medication <b>-Dawa za moyo ama pressure.</b>			
		29. Any other medication that may make it unsafe for the candidate to participate <b>dawa zingine zozote zinazoweza kufanya usikuwe salama</b>			
		30. Recently been vaccinated (within past 1 week) <b>Umepata chanjo kwa wiki moja iliyopita</b>			
		<b>Mental Health:</b>	<b>Yes</b>	<b>No</b>	<b>Unsure</b>
		31. Are you currently under severe stress? (This is NOT worry; for example, you can't sleep and you have a poor appetite) <b>Unasumbuka kiwawazo sana kwa mfano unasumbuka kulala na huna hamu ya chakula</b>			
		32. Do you have a history of depression, anxiety or other psychiatric disorder? <b>Uko na historia ya huzuni, wasiwasi ama kwa matibabu ya kisikologia</b>			
		33. Are you receiving psychiatric or psychotherapeutic treatment? <b>unatumia dawa yoyote ya shida ya kiakili</b>			
		<b>FOR WOMEN:</b>	<b>Yes</b>	<b>No</b>	<b>Unsure</b>
<i>Go to page 16 to determine for ALL women</i>		34. Are you, or could you possibly be, currently pregnant? <b>Unaweza kuwa ama uko mja mzito kwa sasa</b>			
		35. Are you breastfeeding? <b>Unanyonyesha?</b>			

When you are finished answering the above questions, please raise your hand so that the nurse can go over your responses with you to determine your eligibility to participate today.

Ukimaliza kujibu maswali yenye iko hapo juu,tafadhali inua mkono wako ndio muuguzi apitie majibu yako pamoja na wewe akijua kama unahitimu kushiriki kwa huu utafiti

### **Study Procedures:**

In the study, you will be given either one pill on one day, or seven pills over seven days. The pill will contain either hydrocortisone or a placebo. If you are being given seven pills over seven days, you will receive the same type of pill each day. Placebo has no particular physiological effects on the body. Hydrocortisone is a drug considered safe both by the Kenyan Pharmacy and Poisons Board, and the United States Federal Drug Administration. It is often used against rheumatoid and inflammatory diseases, allergies, and skin conditions. If you receive hydrocortisone, you will be given either 20mg or 40mg. The side effects of hydrocortisone are minimal (see below), and it has frequently been used, often in doses much larger than the ones used here, in research on healthy participants.

*kwa utafiti kila mshiriki atapewa tembe moja siku ya kwanza ama tembe saba kwa siku saba. hiyo tembe itakuwa na hydrocortisone ama placebo. mshiriki atakaye pewa tembe saba kwa siku saba atapokea tembe sawa kila siku. placebo haina haswa athari yoyote ya kisykologia kwa mwili.*

*hydrocortisone ni dawa ambayo inachukuliwa kuwa salama na kenyan pharmacy and poisons board na united states federal drug administration. inatumika sana kwa ugonjwa wa jongo na maugonjwa ya uchochezi, allergy na ugonjwa ya ngozi. washiriki watakao poka hydrocortisone watapokea kiwango cha 20mg ama 40mg. athari ya hydrocortisone ni kidogo na imetumika mara nyingi kwa dozi ya juu kuliko tunayo tumia kwa utafiti kwa washiriki wenye afya.*

After you have received the pill on your final day (the first day for one dose participants, the first and seventh day for seven dose participants), you will be asked to answer questions about yourself and make a series of choices in simple behavioral tasks. You will also be asked to give saliva samples so that we can determine your levels of cortisol (a marker of stress) and sex hormones.

*Kwa wakati wote wa utafiti utaombwa kupeana sampuli ya mate ndio tuweze kujua kiasi ya cortisol( homoni ya stress) na homoni ya jinsia.*

For seven dose participants: Your total expected time commitment for this study is *12 hours over 7 days*

The first and seventh (final) sessions will last approximately *3½ hours respectively*

Sessions two through six in between will last approximately *1 hour*

*Kwa watakao shiriki kwa siku saba, wanatajiwa kutenga masaa kumi na tano na dakika arobaini na tano kwa huu utafiti*

*Session ya kwanza na mwisho itachukua takribani masaa sita siku ya kwanza na masaa tatu na nusu siku ya saba*

*Session ya pili mpaka ya sita utachukua takribani saa moja na dakika kumi na tano*

For one dose participants: Your total expected time commitment for this study is approximately *3½ hours.*

*Kwa watakao shiriki kwa siku moja, wanahitajika kushiriki takribani masaa sita*

### **Benefits and Risks:**

*faida na hatari*

### Behavioral Tasks:

There are no foreseeable risks from behavioral tasks.

Kazi za kitabia: Hakuna hatari yoyote inayo onekana kwa kazi ya kitabia

### Salivettes

The use of the Salivette saliva sampling device (a cotton swab that is chewed for 2 minutes) is completely risk-free and will be demonstrated to you.

Kutumia salivette kifaa kinacho tumiwa kuchukua sampuli ya mate( pamba utakayo tafuna kwa dakika mbili) haina hatari yoyote na utaonyeshwa vile utatumia

### Hydrocortisone

**Hydrocortisone** is a stable version of cortisol and is changed by your body into cortisol (a stress hormone in the body) upon ingestion; it is a standard approved drug used against rheumatoid and inflammatory diseases. Given the low doses used in this study, side effects are unlikely. If they do occur, they are likely to be limited to the following:

- **Headache, dizziness, spinning sensation**
- **Nausea, stomach pain, bloating**

hydrocortisone ni toleo imara ya cortisol na inabadilishwa na mwili kuwa cortisol unapo meza; ni dawa iliyo pitishwa kutumika kutibu ugonjwa wa jongo na uchochezi. ukipokea dose ya chini kwenye huu utafiti, athari ni ngumu kutokea. na kama zitatokea, itakuwa ni kama hizi kuumwa na kichwa, kizunguzungu, kusia kuzungukiwa kichwani kuchafuka roho, kuumwa na tumbo, na kufura tumbo.

Only after repeated treatment for many months would more severe side effects be possible (vision problems; swelling; rapid weight gain; feeling short of breath; unusual thoughts or behavior; seizure (convulsions), euphoria, insomnia, mood swings, personality changes, severe depression, frank psychotic manifestations; bloody or tarry stools, coughing up blood; pancreatitis (severe pain in upper stomach spreading to the back, nausea and vomiting, fast heart rate); low potassium (confusion, uneven heart rate, extreme thirst, increased urination, leg discomfort, muscle weakness or limp feeling); dangerously high blood pressure (severe headache, blurred vision, buzzing in ears, anxiety, confusion, chest pain, shortness of breath, uneven heartbeats, seizure); sleep problems (insomnia), mood changes; acne, dry skin, thinning skin, bruising or discoloration; slow wound healing; increased sweating; headache, dizziness, spinning sensation; nausea, stomach pain, bloating; changes in the shape or location of body fat (especially in arms, legs, face, neck, breasts, and waist).

Note that allergic reactions to hydrocortisone are rare. In addition, despite the side effects listed above, it is extremely unlikely that such side effects will be observed in this study due to the low dosage. In addition, hydrocortisone has frequently been used, often in doses much larger and for periods much longer than ours, in research on healthy participants. We are aware of 25 studies in healthy subjects and with oral administration, i.e. ignoring intravenous administration and patient studies. These studies are

available from the PI. Importantly, none of the 25 papers that use oral hydrocortisone administration in healthy subjects report any adverse events, allergic reactions, or negative side effects.

baada ya kutibiwa kwa miezi mingi ndio athari kali zinapo tendeka kama ( matatizo ya maono, kufura mwili, kuongeza uzito haraka, kupungukiwa na hewa, mafikira ama tabia si za kawaida, mshtuko ama kukauka, furaha nyingi, kukosa usingizi, kununa, kubadilika kimaisha, huzuni, kuruka akili, choo ikon a damu ama choo nyeusi, kukohoa damu, kuhisi uchungu mingi kwa tumbo juu ikitembea kwa mgongo, kuchafuka roho na kutapika, moyo kupiga haraka, kuchanganyikiwa, moyo kutopiga kawaida, kuhisi kiu sana, kukojoa sana, usumbufu kwa miguu, udhaifu wa misuli, kuhisi kuchechemea, kukimbia damu( kichwa kuuma sana, tatizo la kuona, kulia kwa maskio, wasiwasi, kuchanganyikiwa, uchungu kwa kifuakupungukiwa na hewa, moyo kutopiga taratibu, kukauka); kukosa usingizi, kununa, kupata vipele kwa uso, kukauka ngozi, ngozi kuwa nyepesi, chubuko kwa ngozi, rangi tofauti kwa ngozi, kinonda kuchukua muda mrefu kupona; kutoa jasho sana; kichwa kuuma, kizunguzungu, kuhisi kama kichwa inazunguka; kuchafuka roho, uchungu kwa tumbo, kufura tumbo, kunona sehemu zaidi sehemu zingine kwa mwili kanma kwa mikono, miguu, uso, shingo, matiti na kiuono)

The treatment or procedure may involve risks that are currently unforeseeable.

Matibabu ama huu utaratibu unaweza kuwa na hatari ambayo kwa saai haijaonekana

If you experience any reactions after taking the hydrocortisone, please go to a hospital or medical provider immediately. We will provide you with written documentation that you have participated in a study and that you were given either hydrocortisone or a placebo. This documentation will include a phone number that your medical provider may call to find out which you were given and in what dosage. Please bring this documentation with you if you seek medical attention.

Kama utapata athari yoyote baada ya kutumia hydrocortisone, tafadhali enda hospitali ama kwa muhudumu wa afya haraka. Tutakupatia hati iliyo andikwa ya kwamba ulishiriki kwa utafiti na ulipokea hydrocortisone ama tembe ya sukari. Hii hati imeandikwa nambari ya simu ambayo muhudumu wa afya anayopiga kujua ulipokea nini na dosi gani.. Tafadhali beba hiyo hati kama utapata matibabu.

#### Anticipated Benefits to Subjects

There are no direct benefits to you from participating in this research. However, if you wish, you can send an email message to Prof. Johannes Haushofer (haushofer@princeton.edu) and we will send you a copy of any manuscripts based on the research (or summaries of our results).

Hakuna faida yoyote kwa kushiriki kwa huu utafiti, hata hivyo, kama utataka, unaweza tuma email message kwa Prof. Johannes Haushofer (haushofer@princeton.edu) na tutakutumia copy ya muhtasari wa results.

#### Anticipated Benefits to Society

faida inayo tarajiwa kwa jamii

How cortisol affects economic choices and decision-making is of crucial interest to psychologists, neuroscientists, economists, and society at large. This study will contribute by elucidating how cortisol influences economic behavior.

Vile cortisol inavyo athiri uchaguzi wa kiuchumi ama uamuzi ni ya muhimu sana kwa wana sykologia,neuroscientists,mchumi, na jamii kwa ujumla. Huu utafiti utachangia kueleza vile cortisol inavyo athiri tabia za kiuchumi

**Confidentiality:**

All records from this study will be kept confidential. Your responses will be kept private, and we will not include any information that will make it possible to identify you in any report we might publish. Research records will be stored securely in a locked cabinet and/or on password-protected computers. Your information will be kept in a database only accessible to individuals invited by the researchers. The information will be kept indefinitely. However, if at any time you request that your information be removed, it will be deleted from the database.

Rekodi zote kwa huu utafiti zitawekwa kwa njia ya siri. Majibu yako itawekwa kwa njia ya siri, na hatutaweka ujube wowote utakao fanya kuwa rahisi kujua ni wewe kwa repoti yoyote itakayo chapishwa. Rekodi za utafiti zitawekwa salama kwa kabati iliyo fungwa na/ama kwa komputa iliyo na password. Ujube wako utawekwa kwa database ambayo inaweza funguliwa na watu walioruhusiwa na mtafiti. Ujube utawekwa kwa muda usiojulikana. Hata hivyo, kwa wakati wowote kama utaomba ujube wako kutolewa, utafutwa kwa database.

The only people who will know that you are a research subject are other participants, members of the research team and, if appropriate, your physicians and nurses. No information about you, or provided by you during the research will be disclosed to others without your written permission, except: if necessary to protect your rights or welfare, or if required by law.

Wale watu watajua kwamba wewe ni mshiriki ni waashiriki wenzako, wanachama wa utafiti na kama itabidi muuguzi ama daktari wako. Hakuna ujube wako, ama uliyo toa wakati wa utafiti utajulishwa kwa watu wengine bila wewe kupeana ruhusa kwa kuandika, isipokuwa itabidi kulinda haki na ustawi, ama kuhitajika na sheria.

Saliva collected will be used only to measure levels of the hormone cortisol and sex hormones in your body. These samples will not be used for any other purpose.

Mate tuliyo kusanya itatumika tu kupima kiwango cha homoni cortisol na sex homoni kwa mwili yako. Hii sampuli haitatumika kwa kazi iingine yoyote.

When the results of the research are published or discussed in conferences, no information will be included that would reveal your identity.

Wakati matokeo ya utafiti yanachapishwa ama kujadiliwa kwa mkutano, hakuna ujube utawekwa kuonyesha utambulisho wako.

**Compensation:**

You will be paid a show-up fee of at least KSH 300 for each day of participation. Depending on your performance during the behavioral tasks, you may have the opportunity to earn additional money, up to KSH 3,200 total. Most individuals will receive less than this maximum amount but more than the guaranteed show-up fee.

Utalipwa shilingi mia tatu na hamsini kwa siku ya kwanza kushiriki, zaidi ya hiyo utapokea shilingi mia tatu kwa siku ya kwanza kushiriki. Pia utalipwa shilingi hamsini kama utafika maeneo ya utafiti mapema. Kama utachaguliwa kushiriki kwa siku saba, utalipwa shilingi mia mbili na hamsini kwa kushiriki kutoka siku ya pili mpaka ya saba. Mwisho, kama utahudhuria siku saba za utafiti utalipwa faida ya shilingi mia tato.

### **Withdrawal of Participation by the Investigator**

kutolewa kushiriki na mpelelezi

The investigator may withdraw you from participating in this research if circumstances arise which warrant doing so. If you experience any of the serious side effects or if you become ill during the research, you may have to drop out, even if you would like to continue. The researcher leading the study will make the decision and let you know if it is not possible for you to continue. The decision may be made either to protect your health and safety, or because it is part of the research plan that people who develop certain conditions may not continue to participate.

If you must drop out because the investigator asks you to or because you have decided on your own to withdraw, you will be paid based on the proportion of the study you completed.

Mpelelezi anaweza kutoa kushiriki kwa huu utafiti kama mazingira itatokea itkayo bidi kufanya hivo. Kama utapata athari yoyote ama kama utakuwa mgonjwa wakati wa utafiti, itabidi kuacha kutoka hata kama utataka kwendelea. Mtafiti anaye ongoza utafiti atafanya uamuzi na kukujulisha kama si rahisi wewe kwendelea.

Uamuzi utakuwa umefanywa kulinda afya yako na usalama ama kama ni moja ya mpango wa utafiti kwamba watu watakao pata hali kama hiyo wanaeza kutoendelea.

Kama mpelelezi atakuuliza kutoka ama wewe mwenyewe kuamua kujitoa, utalipwa kulingana na ni kiwango ulicho shiriki.

### **Emergency Care and Compensation for Injury**

huduma ya dharura na fidia kwa kuumia

If you feel you have suffered an injury, which may include emotional trauma, as a result of participating in this study, please contact the person in charge of the study as soon as possible.

Kama utaskia umepata kuumia, ikiwa kama kuumia hisia, kwa sababu ya kushiriki kwa huu utafiti, tafahali ongea na mwenye kusimamia utafiti haraka iwezekanavyo

### **Who to contact with questions:**

Ukiwa na swali unaweza wasiliana na

#### **1. PRINCIPAL INVESTIGATOR:**

*Johannes Haushofer  
Princeton University  
Department of Psychology*



[Haushofer@gmail.com](mailto:Haushofer@gmail.com)

+1-616-360-1605

2. If you have questions regarding your rights as a research subject, or if problems arise which you do not feel you can discuss with the Investigator, please contact the Institutional Review Board at:

Kama uko na swali kuhusu haki yako kama mshiriki, ama shida itokee ambayo hutaki kuwasiliana na mpelelezi, tafadhali wasiliana na bodi taasisi ya mapitio

Office of Research Integrity and Assurance

Human Research Protection Program

Assistant Director

Phone: (609) 258-0865

Email: [irb@princeton.edu](mailto:irb@princeton.edu)

3. I understand the information that was presented and that:

nimeelewa ujube nilioelezwa na kwamba

- A. My participation is voluntary, and I may withdraw my consent and discontinue participation in the project at any time. My refusal to participate will not result in any penalty.

Kushiriki kwangu ni kwa kujitolea, na ninaweza kuondoa consent yangu na kuacha kushiriki kwa huu mradi wakati wowote. Kukataa kwangu hakuta matokea ya fidia.

- B. By signing this agreement, I do not waive any legal rights or release Princeton University, its agents, or you from liability for negligence.

Kwa kutia sahihi kwa hii makubaliano, sitakuwa nimeondoa haki yote ya kisheria ama kuondoa Princeton University, agent, ama wewe kutoka kwa dhima ya uzembe.

4. I hereby give my consent to be the subject of your research.

Ninapeana kibali cha kushiriki kwenye huu utafiti.

---

Signature

---

Date

## FOR NURSE'S USE ONLY

### Pregnancy Screening Script for Female Inclusion

Finally, in order to determine whether a female is currently, or could possibly, be pregnant, please ask the following and indicate their response by marking (questions 1-4) or writing (question 5) in the appropriate box:

**1. Are you pregnant or breastfeeding now?**

<input type="checkbox"/>	A) YES
<input type="checkbox"/>	B) NO
<input type="checkbox"/>	C) UNSURE

**2. When did your last menstrual period start?**

<input type="checkbox"/>	A) DAYS AGO
<input type="checkbox"/>	B) WEEKS AGO (LESS THAN 3 WEEKS)
<input type="checkbox"/>	C) MONTHS AGO
<input type="checkbox"/>	D) YEARS AGO
<input type="checkbox"/>	E) IN MENOPAUSE/NO LONGER MENSTRUATE
<input type="checkbox"/>	F) BEFORE LAST BIRTH
<input type="checkbox"/>	G) NEVER MENSTRUATE
<input type="checkbox"/>	H) HAD HYSTERECTOMY

**3. Are you or your partner currently doing something or using any method to delay or avoid getting pregnant?**

<input type="checkbox"/>	A) YES
<input type="checkbox"/>	B) NO

**4. If yes, which method are you using?**

<input type="checkbox"/>	A) FEMALE STERILIZATION
<input type="checkbox"/>	B) MALE STERILIZATION
<input type="checkbox"/>	C) IUD (and still implanted, within last 5 years)

	D) INJECTABLES (within past 3 months)
	E) IMPLANTS (still implanted and within 2 years or depends on implant)
	F) PILL (and taking every day in past month)
	G) CONDOM (consistent and correct use for every sexual intercourse)
	H) FEMALE CONDOM (consistent and correct use for every sexual intercourse)
	I) EMERGENCY CONTRACEPTION
	J) CALENDAR METHODS SUCH AS STANDARD DAYS METHOD OR RHYTHM METHOD
	K) LACTATIONAL AMENORRHEA METHOD
	L) WITHDRAWAL
	M) OTHER METHOD
	N) ABSTINENCE (SINCE LAST PERIOD)

5. Since what month and year have you been using (CURRENT METHOD) without stopping? Probe: For how long have you been using (CURRENT METHOD)?

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If the subject is currently pregnant, or there may be a possibility she is pregnant based on her responses to the above questions (i.e. she answers with any of the following responses: 1. A; 3. B; 2. C, D, E, F, G or H AND 4. I, J, K, L, or M), please indicate below and let her know that she is unfortunately ineligible to participate in the study due to a safety risk.

Please indicate whether the candidate...	Yes	No
is, or may be, currently pregnant		
is breastfeeding		

**Who to contact with questions:**

**PRINCIPAL INVESTIGATOR:**

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*Dr. Abednego Musau MD*

Weight (kg)	Heart rate	Blood pressure

*[Reminder: we cannot include participants with a blood pressure higher than 120/80 (on either number) or a heart rate above 100 or below 60.]*

**Physician/nurse certification of eligibility:**

- I hereby certify that this subject DOES meet the inclusion requirements and IS HEALTHY ENOUGH for participation in the study.
- I hereby certify that this subject DOES NOT meet the inclusion requirements and IS NOT HEALTHY ENOUGH for participation in the study.
- Use the space below for notes if the patient does not clearly fall into either category or you want to see them again (indicate number of minutes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**A COPY OF THIS ENTIRE DOCUMENT MUST BE PROVIDED TO THE SUBJECT.**