Non-Cognitive Predictors of Student Success: A Predictive Validity Comparison Between Domestic and International Students

Hypotheses:
The breathing group will show decreased stress, improved mood symptoms, higher adaptive coping, and improved attention and processing speed.

INTRODUCTION
- Breathing at resonant frequency has been found to improve mood and stress
- This is likely related to processes of the vagus nerve and changes in HRV.
- Most studies on breathing lack robust methodology and use expensive biofeedback techniques. They also do not assess cognition.
- Stress is a very prominent issue during COVID-19

METHODS
1. Randomized controlled study with breathing group and control group
   - The Breathing App
2. Young adults (age 18-29) with elevated stress through undergraduate research pool and community
3. Assessment at baseline, 3 weeks, and 6 weeks:
   - Self-report:
     - Perceived Stress Scale
     - Beck Depression Inventory-II
     - Beck Anxiety Inventory
     - State Trait Anxiety Inventory
     - Positive and Negative Affect Schedule
     - Resilience Scale for Adults
     - COPE
     - Satisfaction with Life Scale
   - Neuropsychological Assessment- domains:
     - Processing speed
     - Attention
     - Executive functions
     - Verbal and non-verbal memory
   - Weekly questionnaires
   - Stress
   - Phone/App usage

Recruitment ongoing!

ashehab@qc.cuny.edu  brainhealth@qc.cuny.edu

METHODS – COVID-19 & SOCIAL DISTANCING
- Fully remote study!
- 4 week study
- Breathing for 10 minute sessions, twice daily for 5 days per week.
- Shorter TELEPHONE neuropsychological assessment:
  - Digit Span
  - BTACT Backward Counting
  - Oral Trail Making
  - DKEFS Verbal Fluency
  - CVLT-II
- Online questionnaires

End.