



# SIP STUDY

## Stress In Pregnancy

### *Assessment Preparation Guide*

Welcome! Whether this is your first time participating in our assessment or your sixth visit, this guide provides all the essential information you need to get ready. Here's a overview to help you prepare and understand what to expect.

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# Table Of Contents

- Behavioral Assessments [Page 3](#)
- Brain Imaging Assessments [Page 4](#)
- The Morning of Your Assessment [Page 5](#)
  - Assessment Checklist [Page 6 & 7](#)
- FAQ - Frequently Asked Questions [Page 8](#)
  - Connect With Us [Page 9](#)



# Behavioral Assessments

The behavioral portion of our assessment includes neuropsychological and physiological evaluations, biospecimen collection, and the completion of questionnaires.

## **Neuropsychological:**

One or two of our trained research assistants will engage your child in developmentally appropriate tasks, similar to activities they may have done before. While your child is occupied, you will be asked to fill out some questionnaires about yourself, including your thoughts and feelings, as well as some questions about your child. Later, your child will also complete similar questionnaires, focusing on their own thoughts and feelings.

## **Physiological:**

One or two of our trained research assistants will accompany your children as they watch age-appropriate videos on a computer. During this time, sticker-like electrodes will be attached to monitor their heart rate, breathing, and perspiration.

## **Biospecimen:**

One of our trained research assistants will collect hair, saliva, and toenail samples from both you and your child. If you have not done so at a previous visit, we will also collect swabs from the inside of your cheeks. We kindly request that you either bring in or mail an old baby tooth. Additionally, we will measure your child's height, weight, head circumference, and waist circumference.

## **WOULD YOU LIKE TO SAVE UP TO AN HOUR OF TIME AT YOUR APPOINTMENT ?**

- 1) Contact us and request to have a toenail & tooth kit sent to your home. You can either mail it back to us or bring it with you on the day of your appointment !
- 2) Contact us to complete the consent and assent process over the phone, and we'll send your child's questionnaires to you before your appointment !



# Brain Imaging Assessments

The brain imaging portion of our assessment involves an experienced MRI technician and two of our research assistants.

They will ask your child to lie in an MRI scanner while performing developmentally appropriate tasks and watching videos. During this process, sticker-like electrodes will measure their breathing, heart rate, and perspiration. At the same time, we will take images of your child's brain.

## **KEEP IN MIND:**

**Your child will first practice games and watch videos in a fake MRI scanner very similar to the real one to help them get comfortable with the scanning process.**

The whole scan will take about **2 hours**, and during this time, the MRI technician and research assistant will be in constant communication with your child. Additionally, as a token of our appreciation, you will receive pictures of your child's brain on a flash drive as a souvenir.



# The Morning of Your Assessment

## **If you are participating in a behavioral only assessment**

- Physiological Portion - avoid eating or drinking anything with caffeine or a lot of sugar as this can affect the results of our assessment.
- Biospecimen - make sure that your toenail clippings are nail polish free. If they have nail polish we cannot accept them and compensate you for that portion. Additionally, please be sure to bring in your child's baby teeth
- Even though small snacks (i.e chips, granola bars) are provided, we do not provide lunch so we encourage participants to eat a full breakfast/lunch up to an hour before coming in

## **If you are participating in a brain imaging only assessment**

- We ask that you please avoid eating or drinking anything with caffeine or a lot of sugar as this can affect the results of our assessment

## **If you are participating in a behavioral + brain imaging assessment**

- Physiological & Brain Imaging Portion - please avoid eating or drinking anything with caffeine or a lot of sugar the night before and day of your assessment as this can affect the results of our assessment.
- Biospecimen - please make sure that your toenail clippings are nail polish free. If they have nail polish we cannot accept them and compensate you for that portion. Additionally, please be sure to bring in your child's baby teeth
- Even though small snacks (i.e chips, granola bars) are provided, we do not provide lunch so we encourage participants to eat full breakfast/lunch. Up to an hour before coming in. Furthermore, because this assessment in particular can run up to 4 hours feel free to even bring something light with you or you can buy something from the cafes at your assessment location

# Behavioral Only & Behavioral + Brain Imaging Assessment Checklist

No caffeine or excessive sugar up to 12 hours before assessment

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Nail polish free toenails clippings

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Child's baby tooth/teeth

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No food for an hour before assessment

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Consent and Assent completed over the phone before assessment

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# Brain Imaging Only Assessment Checklist

No caffeine or excessive sugar up to 12 hours before assessment

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Consent and Assent completed over the phone before assessment

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# FAQ - Frequently Asked Questions

## **1) What are the addresses for your assessment locations ?**

We are located at Queens College  
65-30 Kissena Boulevard, Queens NY 11367  
Delany Hall Room 301

&

Advanced Science Research Center  
85 Street Nicholas Terrace, New York, NY 10031 (Right next to City College Towers)

You may choose to perform your assessment at whichever location is closest to you

## **2) Is there parking available ?**

Parking is available at Queens College, and we can provide a parking pass upon request. Please contact a team member if you would like a pass. On weekdays, we can also request a parking pass for the Advanced Science Research Center. Unfortunately, on weekends, parking at the Advanced Science Research Center is limited to street parking and nearby garages. However, there is plenty of street parking available on weekends.

## **3) How will I be compensated ?**

We offer compensation in the form that is most convenient for you. Options include a check, electronic payments (such as Zelle or Venmo), or an in-person check provided during your assessment visit.

## **4) How long will it take to get compensated ?**

For mailed checks and electronic payments, please allow up to two weeks after your assessment for the payments to be processed or mailed out.

## **5) If I can't make it to my scheduled assessment, can I reschedule?**

Yes! Please let us know as soon as possible & we will reschedule your assessment for you. For assessments done at the ASRC, please try to let us know that you need to reschedule at least three days before your scheduled assessment.

## **6) Can my friend participate?**

Unfortunately, we are not recruiting new participants at this time.





# Connect With Us !

Follow us on Social Media !

Instagram: @qcsipstudy

Twitter: @sip\_study

Facebook: Stress In Pregnancy - SIP Study  
[www.facebook.com/stressinpregnancy/](http://www.facebook.com/stressinpregnancy/)

Scan this QR with your phone camera or use the link to check out our newsletter !



[Click here for our newsletter](#)

Have questions or need help ? Call, Text or Email us !

Call us: 718-570-0347

Text us: 347-433-8191

Email us: [sipstudy@qc.cuny.edu](mailto:sipstudy@qc.cuny.edu)

