



# SIP STUDY

## Stress In Pregnancy

### *Assessment Preparation Guide*

Welcome! 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, 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. Similarly, your child will complete questionnaires, focusing on their own thoughts and feelings.

**\*\*\*If you are completing this portion of the assessment virtually you will need to have a laptop or ipad (bigger than a mini ipad) and access to a stable Wi-Fi connection. We will complete a number of the same activities you would complete in person and you will also answer questionnaires\*\*\***

## 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 in 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

This 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.



**\*\*Please note that if your child has any metal in or on their body (e.g., non-removable piercings, braces, etc.), this MAY affect their eligibility to participate in the brain imaging portion of the study.**

**Contact us to see if your child is eligible !**

# The Morning of Your Assessment

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

- 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 Hall  
65-21 Main Street  
Flushing, New York 11367

&

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

You may choose to complete your assessment at which ever location is closest to you

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

Parking is available at Queens Hall during the week, and we can provide a parking pass upon request. Please contact a team member if you would like a pass. On weekends, there is no parking available at Queens Hall. Additionally, 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 of a in-person check provided during your assessment visit.

## **4) 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.

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

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

## **6) Do I need to be home to complete a virtual assessment**

Yes, for your privacy and to ensure a distraction-free environment, we ask that you complete your virtual assessment in a quiet space at home where you know you will not be interrupted.





# Connect With Us !

Follow us on Social Media !

Instagram: @qcsipstudy

Twitter: @sip\_study

Tik Tok: @sipstudy.qc

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

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)

