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Poster

The Baby Stress Paradigm: A Preliminary Analysis Of Cortisol Responses To Baby Doll Crying

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ABSTRACT

Stress-inducing paradigms, such as the Trier Social Stress Test (TSST) and Sing a Song Stress Test (SSST) are both effective but can be time-intensive and require a lot of resources placing strain on both researchers and participants. Research has shown that infant crying triggers stress responses in women. The current study seeks to develop a brief stress-inducing paradigm that uses baby crying sounds (with or without baby doll cues) to elicit stress responses in a broader population. To support the framework design process, we analyzed a preliminary dataset from a sample of 27 men (M_{age} = 34.95, SD_{age} = 9.21) exposed to a baby doll cue and crying audio for five minutes. Results from a paired sample t-test suggest a significant difference across participants' self-report perceived stress before and after the exposure to the baby doll crying, $_{t}(26)$ = 2.36, p = .03, $cohen_{d}$ = .40. These preliminary findings support the idea that using baby crying sounds may be a quick and effective way to elicit stress, supporting the framework of our brief stress-inducing paradigm that requires significantly less set-up time and resources.