**Study Simulation**

This activity is designed to simulate participation in a clinical research study and provide data for use in an exercise for class. This and any other forms you complete related to

this project are strictly confidential. You are asked to provide a personal code so that your

responses will not be linked with your name in any data base.

Personal Code:

Circle first letter of mother’s first name:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Circle first letter of mother’s maiden name:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Circle first letter in the city of your birth:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Circle first letter in state of your birth:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Personal Code:

Instructions: Visit each of eight measurement stations. Record your data for each of the eight measurement stations on the back side of this form. Enter your data in the Data Response Form for the study.

Measurement stations:

Sitting blood pressure using automated blood pressure monitor Heart rate at rest and after two minutes of running in place Calorie Goal ([http://www.livestrong.com/thedailyplate/)](http://www.livestrong.com/thedailyplate/)

Pittsburgh Sleep Quality Index ([http://goodmedicine.org.uk/files/assessment,%20pittsburgh%20psqi.pdf](http://goodmedicine.org.uk/files/assessment%2C%20pittsburgh%20psqi.pdf)) Stress Level ([http://www.innerhealthstudio.com/support-files/stress-screening-test.pdf)](http://www.innerhealthstudio.com/support-files/stress-screening-test.pdf)

Stroke Risk Scorecard (<http://www.stroke.org/sites/default/files/resources/stroke-risk-scorecard-engl-2015.pdf>) Grip Strength

Walk Score (<http://www.walkscore.com/cities-and-neighborhoods/>)

**Data Reporting**

Measurement Station #1:

Sitting Systolic Blood Pressure

 mmHg

Sitting Diastolic Blood Pressure

 mmHg

Measurement Station #2:

Heart rate at rest

 beats per minute

Heart rate after two minutes running in place beats per minute

Measurement Station #3:

Calorie Goal to maintain your current weight daily caloric intake

Measurement Station #4

Global Sleep Score

Measurement Station #5

Total Stress Screening Score

Measurement Station #6

Number of points in high risk category

Measurement Station #7

Grip Strength

Measurement Station #8

Walk Score