**Trier Social Stress Test Mental Arithmetic / Timed Backwards Math Rationale:** Theparticipant is asked to count backwards from a high number by a certain interval. If a mistake is made, then they must start again from the beginning. Goal of original task is to raise cortisol so it lasts for longer than we need it to. For ABC Brain games we have 3 trials, and the kids count for 1 minute per trial, for a total of 3 minutes.

**Materials:**

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| * Stopwatch;
 | * Video Camera
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| * Clipboard + cheat sheet
 | * Microphone
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**Instructions** (don’t need to be strict, but clear):

Say, **“We’re going to do something new. You’re going to count backwards from a starting number as fast as you can, but you have to get the numbers right. First you’ll count backwards by 5’s, then by 3’s, then by 7’s. I’ll tell you the starting number and I’ll time you to see how far you get. You’ll have one minute for each set. If you make a mistake, I’ll ask you to start over. Say all of your answers into this microphone.**” (need to make sure the child is on video)

**For example, if I say, ‘Count backwards from 55 by 5’s’, you’d say, ‘50, 45, 40, 35,’ and so on until I say “stop”.**

**Do you understand what to do? You keep counting backwards by the number until I say “stop”. Now we’ll do some harder ones. Let’s start.**

**This is the first set. Starting at 400 (four hundred), count backwards by 5’s. Say each number out loud. Go.**

Start timing for 1 minute total (including re-starts) when you say the keyword, “Go” and refer to “cheat sheet” for correct numbers.

Check off child’s response on clipboard.

If child makes mistake, say **“No, that’s not right. Please start again.”**

If the child forgets the starting number, say **“No, that’s not right. Please start again at 400.”**

If the child is hesitating on the next number, say **“just do the best you can.”**

If the child is silent or stops giving numbers after 10 seconds, prompt up to 3 times by saying **“Keep going.”** If the child is still silent, repeat the prompt every 10 seconds.

**This is the second set. Starting at 501 (five hundred and one), count backwards by 3’s. Say each number out loud. Go.**

Start timing for 1 minute total (including re-starts) when you say the keyword, “Go” and refer to “cheat sheet” for correct numbers.

Check off child’s response on clipboard.

If child makes mistake, say **“No, that’s not right. Please start again.”**

If the child forgets the starting number, say **“No, that’s not right. Please start again at 501.”**

If the child is hesitating on the next number, say **“just do the best you can.”**

If the child is silent or stops giving numbers after 10 seconds, prompt up to 3 times by saying **“Keep going.”** If the child is still silent, repeat the prompt every 10 seconds.

**This is the third set. Starting at 758 (seven hundred fifty eight), count backwards by 7’s. Say each number out loud. Go.**

Start timing for 1 minute total (including re-starts) when you say the keyword, “Go” and refer to “cheat sheet” for correct numbers.

Check off child’s response on clipboard.

If child makes mistake, say **“No, that’s not right. Please start again.”**

If the child forgets the starting number, say **“No, that’s not right. Please start again at 758.”**

If the child is hesitating on the next number, say **“just do the best you can.”**

If the child is silent or stops giving numbers after 10 seconds, prompt up to 3 times by saying **“Keep going.”** If the child is still silent, repeat the prompt every 10 seconds.