

Participants wanted!

Title of the study: Examining the impact of stress on prospective memory in populations affected by war

Johannes Gutenberg University, Faculty 02, Institute of Psychology

About us

We are a group of researchers at the Johannes Gutenberg University in Mainz who are interested in studying the effects of stress related to armed conflict on the memory of people who have fled from war.

To do this, we are looking for people who have fled from an armed conflict in the last five years (2019 – 2024) who would like to participate in a one-hour study session conducted on a laptop computer.

Your participation in this study will help us understand the impact of stress on memory and cognition in individuals who have fled from armed conflict. Specifically, we are interested in understanding how stress might affect prospective memory skills in individuals who have been affected by armed conflict.

Prospective memory is the type of memory needed to remember to do things in future. For example, the day before your friend Karoline's birthday you might tell yourself, 'I need to call Karoline tomorrow to wish her a happy birthday.' This is called an intention, and you must remember the following day to carry out that intention; that is, to call Karoline to wish her a happy birthday. However, prospective memory performance is often affected by stress: the more stressed we feel, the more likely we are to forget about the intentions we created earlier, such as remembering to call Karoline on her birthday.

All of your responses will be fully anonymised. We won't be able to tell who you are based on the information you provide to us.

What will I have to do?

Working with a research assistant, you'll complete some games on a computer. These games will measure things like **memory, planning and reasoning skills**, and **attention**. Then, you'll be asked to answer some questions about how you are feeling, and your experiences living in Germany. The entire testing session will take around one hour to complete, and you will be compensated €10 for your participation.

What will you do with my data?

All of the information that you provide to us will be fully anonymised. We won't have any idea who you are when we study the results of the study.

We'll run some statistical analyses on the responses you provide us with during the study session (for example, your scores in the computer games that you'll play, and your answers to the questions we'll ask about how you're feeling) in order to better understand how stress can impact memory in individuals who have experienced armed conflict.

Where will testing take place?

Unless otherwise specified, we will run each study session at the Psychologisches Institut der Johannes Gutenberg Universität. This is located at Binger Straße 14-16, next to the Hauptbahnhof.

Why are you doing the study?

The effect of stress on prospective memory has been studied in a number of different groups of people, including in people with very stressful jobs, or people who are caring for family members with severe illnesses. However, the effect of stress on prospective memory has not been studied in individuals who have been forced to leave their home communities and families because of armed conflict, and who have had to seek protection in a country like Germany. We feel that this is important to understand because it may help us work with different organisations to deliver services and support in a way that is of greatest benefit to individuals and families who have been affected by and fled from armed conflict.

Interested in participating?

Excellent! Please send an email to entwicklungpsychologie@uni-mainz.de. A member of our research team will get back to you to answer any questions you have, or to schedule a meeting time for you to come to the lab to complete the study session.

If you have any questions or other concerns, you can contact the following people:

Researcher	Project Manager
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