



West Midlands
Branch



The
British
Psychological
Society

Psychologist in the Pub: Andy Johnson

The Effect of Chewing Gum on Self-Rated and Physiological Measures of
Mood and Stress



Thursday 17th February 2011

7-9 pm

The Slug and Lettuce, The Cross, Worcester.

<http://www.slugandlettuce.co.uk/worcester/>

Andy Johnson, a lecturer at Coventry University set out to explore whether chewing gum can reduce stress and improve mood. His doctoral research involved three studies utilising stress-inducing and alertness-reducing paradigms; Experiment 1 and 2 explored cognitive load stress and socio-evaluated stress (using self-reported and physiological measures), and Experiment 3 employed the Pupillary Sleepiness Test (PST) to explore the effect of chewing gum, sham chewing and control conditions on Pupillary oscillation (providing an indication of sleepiness). Chewing gum did not appear to reduce stress or affect mood, except for an increase in alertness and reduction in sleepiness.

Join us at the **Slug and Lettuce** for the latest **Psychologist in the Pub** event, when Andy Johnson, will be discussing his research findings and what they might mean.....



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