

THE STANFORD FOOD AND FEELINGS STUDY

Lab website: www.spl.stanford.edu

Personal website: <https://djolear.github.io/>

The project:

We are conducting a large-scale field study examining the links between **emotion, emotion regulation, and eating behavior at Stanford University**. As part of this project, we will be **collecting data on food consumption in two Stanford dining halls**. In addition, we will be **collecting a large amount of data on emotional well-being from Stanford students**. We plan to link data on food consumption to data on emotional well-being to examine the extent to which **food consumption is associated with emotional well-being among college students**.

The position:

The available position is a volunteer research assistant (RA) position with a time involvement of approximately 8-10 hours per week in the Stanford Psychophysiology Laboratory at Stanford University (Main Quad). If selected, you will have the possibility to be involved in the data collection of an experiment examining the relationship between emotions and health behaviors, specifically eating behavior. In this context, you will be able to learn about psychological research studies on emotion, emotion regulation, and physical health.

We ask for a commitment for at least 2 quarters (6 months) for 8-10 hours per week.

As an RA, you may be involved in the following activities:

- **Collecting data on eating behavior in Stanford dining halls several evenings per week**
- Scheduling participants for experiments
- Running experiments and overseeing data collection
- Organizing and storing data
- Help analyzing data
- Provide meaningful contributions to the experiment as well as to weekly team meetings

Compensation:

Stanford undergraduates may work in the lab as volunteers, in exchange for course credit, or federal work study, if eligible. Undergraduates from other universities may work in the lab as volunteers.

How to apply:

To apply, interested students should send an email to Daniel O'Leary at djolear@stanford.edu including:

- A cover letter (stating your research interests, your prior research experience)
- Your future goals
- Your desired starting date
- Duration of involvement
- Weekly availability – please note that we are particularly interested in candidates who are available during evenings
- An up-to-date CV/resume