

Feasibility of Using Wrist Wearable Devices to Measure Physiological Arousal to Trauma Cues Among Sexual Assault Survivors

High psychophysiological responses to trauma reminders are related to the development and status of post traumatic stress symptoms (PTSS) and post traumatic stress disorder (PTSD) after a traumatic event. This project seeks to describe the acceptability and feasibility of using wrist wearable devices to measure physiological arousal to trauma cues among sexual assault survivors. This data could be used to develop recommendations for future researchers and providers in using similar devices to monitor the long-term relationship between psychophysiological responses to triggers and PTSD development. With efforts to increase feasibility, these devices could be pertinent to providers in helping to identify individuals who may be at risk for higher PTS symptom severity and as an introspective resource in treatment settings.