

Doctoral Study: Initial Study on the Effects of Compression Chest Binding on Stress, Hypocapnia, and Anxiety Among Healthy People. *Would you be interested in participating in a pilot study about how restrictive clothing or compression can affect mood and health?*



Retrieved from: <https://www.gc2b.co/collections/2-0-bfcm-2023/products/gray-tank-chest-binder-classic-2>

You would qualify if:

- You don't chest bind and preferably have never chest bound.
- You *have no diagnosable health problems that would interfere with metabolism, heart or breathing rate (such as diabetes, heart condition, asthma, or heavy smoker).*
- You *do not currently or regularly take anxiolytic or blood pressure medications.*
- You are not on hormone-based birth control or estrogen replacement therapy.
- You are OK with providing saliva samples, breathing samples, and wearing a compression chest binder for a five-minute breathing test.

The entire study will take approximately one hour of your time.

If interested - Call: (510) 206 - 4221 or Email: bindingstudy@yahoo.com

A \$25 gift card will be provided after study completion as a thank you for your participation, which can also be donated to B4BCK Binders for Confident Kids in support of LGBTQIA+ TEENS (<https://b4ck.org/>)

