Short preparation period serves to seat participants in front of a computer screen and set up the ice bucket, MAST presentation computer and towel.

Throughout the task, closely monitor the participant’s performance while displaying a lack of empathy. Standing behind the participant can help avoid eye contact and increase pressure. Use stopwatch to time hand immersion trials and record on sheet. Also record math performance.

[record water temperature prior to starting]

For the participant:

* In this task, you need to immerse your hand up to and including your wrist in ice-cold water for as long as possible.
* There will be multiple trials where you have to immerse your hand in the water and the duration of these trials is **randomly chosen by the computer**.
* In between these hand immersion trials, you will remove your hand from the water and immediately start a mental arithmetic test where you must count backwards from 2043 in steps of 17 as quickly as possible.
* You must continue with the mental arithmetic test until the computer signals the start of the next hand immersion trial.
* The procedure can be very uncomfortable and you have the right to withdraw your hand from the water if you really need to. However, we ask that you try to keep your hand in the water for as long as possible.
* During this portion of the study you will be videotaped, and the videotapes would be analyzed for facial expressions of pain.

[administer pre-stress appraisal questionnaire]

At the end:

* [Compare notes with other MAST instructor and show disapproval]
* Your performance on this task wasn’t good enough so once you finish with [other experimenter] we are going to come back and do it again.