CHIME – PDG and NIH Funded PROJECT

Purpose: We have funding to evaluate CHIME using multiple measures. Our study aims are to examine if and how CHIME is associated with the emotional wellbeing of preschool educators and how this may be associated with children’s self-regulation abilities.

Who is eligible: Any preschool educator (teacher, childcare provider, para) who is 19 years of age and older and who works in an early care setting with children ages 3-6 years.

What does data collection involve?

Early childhood professionals (teachers, paras, educators) aged 19 years or older who are completing the CHIME intervention

- Procedures include:
  - Completing surveys about: workplace satisfaction, stress and wellbeing, teaching history,
  - and responses to CHIME before and after CHIME (take about 50 minutes)
  - Completing some computer-based tasks to measure your attention before and after CHIME
  - Wearing a heart rate monitor and completing a daily stress diary for 3 days before and after CHIME
  - Providing saliva samples for cortisol (stress hormones), will be twice for 2 days. Samples take 5 minutes to collect.
  - Observations of your behavior in the classroom
  - Receive $150 in Amazon E-gift cards incrementally (depending upon what aspects of the data the person participates in) for participating in the pre-surveys. Then $150 cash for participating in the post-surveys. So, $300 total. Earn 16 continuing education credits for completing CHIME

Children and Parents

Children enrolled in childcare program who are between the ages of 3 and 6 years, and who understand and speak English or Spanish.

The parents or legal guardians of these children.

- Procedures will include:
  - Families completed a survey about their family background, child’s behavior and their parenting style (about 15 minutes)
  - Having the child complete short assessments on an iPAD during regular childcare program hours. Take about 15 minutes.
  - Parents receive $25 Amazon e-gift card