Procedure for Administering the Psychomotor Vigilance Task (PVT)

1) Turn Power Switch located on the bottom right to "ON". Wait few seconds.

2) To enter ID codes with the following menu: SELECT

  TEST SETUP

 Move cursor to SETUP with the left button then select with the right button.

3) With the ACCESS prompt, move cursor with left button and select "999" then move cursor to "Q" then select.

4) With the SELECT SETUP prompt, select "PARAM".

5) With the STUDY prompt enter the 2 letter code moving the cursor with the left button and selecting with the right.

  A) For the 2 letter codes, enter the first letter designated by the subjects visit (1st visit="A" and 2nd visit ="B" and the second alphabet from the first letter from the subjects ID:

  ex: "C2201-2" then the code is "BC".

  When finished, move the cursor to "Q" and select or choose "E" to erase.

6) Skip "Mood SLEEPY?" prompt by pressing the right button.

7) For the E. INITIALS (Experimenter's ID or person administering the test), enter your digit initials and select "Q".

8) With the S. INITIAL prompt, enter the subject's digit ID by moving the cursor with the left button and selecting with the right button. Select "+" for more letters.

  Ex: JAMES JONES
  ID: "JONJ"

9) For SUBJECT prompt, enter the subject's 4 letter ID code:

  Ex: C2201-2
  Code: "2201"

10) For TRIAL prompt, enter the subject's trial number. For example, if the subject is taking the test at night then "1". If in the morning, then "2". Select "Q" when finished. The PVT will automatically default to the next trial after a completed trial. Remember that you must manually increment the trials when there are 2 subjects on a given study (i.e., cohort, MSLT).

11) Press the right button 4 times to default to the test parameter.

12) Ask the subject if he or she is right or left handed. Then select the correct response.

13) Select TEST with the right button and REAL for SELECT TEST prompt. You'll see a SLEEP? prompt.

14) Hand the PVT monitor to the subject and read the following instructions out loud.

"This test measures how alert you are to a flashing stimuli. During the test, as soon as you see the red numbers in the top window, press and release the **RIGHT button only** using your(RIGHT/LEFT) hand. You may use your thumb or a finger, but use the SAME TECHNIQUE for all the tests once you have decided. The numbers in the display show how fast you responded each time - the smaller the number, the better you did. Try to do your best and get the lowest number you possibly can. If you press too early (before the numbers appear) you will see an error message "FS". If you forget to release the button, after a short time text screen will remind you.

(**ATTENTION TECHS!!--Please read the directions and give an informal demo to each subject before the real trial. After a few reaction to the stimuli during the demo you can turn the PVT off, then select the real trial and sleepy? question.)

Then read,

"First indicate how you feel RIGHT NOW by using the LEFT button to move the cursor closer to "NO" or "YES". Press the RIGHT button to register your choice."

Then read,

"When done, do not switch the monitor off -- the test administrator will do this! When the test is complete, the "SLEEPY?" mood scale will be presented again."
"You may start the test by pressing the right button"