

# The Effectiveness of Stress Balls on Fidgeting Behavior

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## INTRODUCTION

Fidgeting Behavior: nail-biting, hair-twirling, leg-bouncing, finger-tapping, and others.

Distracting in academic settings<sup>1</sup>

Fidgeting can turn into harmful non-suicidal self injury (NSSI)<sup>2</sup>

Social disadvantages include lower ratings of likeability<sup>3</sup> and acceptability<sup>4</sup>

Fidget toys such as stress balls or fidget spinners have been used to combat fidgeting. However, these toys, themselves, are distracting and research lacks empirical evidence to support these claims.

This study tests a novel and discrete stress ball technology embedded in a sweatshirt sleeve cuff to evaluate if squeezing will reduce fidgeting behavior among college students.

The stress balls will be concealed in the cuff of a sweatshirt to decrease the likelihood of stigma or ridicule from peers.

## Result Predictions

## METHODS

Using a multiple baseline across participant design, college students will be observed over 5-8 weeks to analyze their fidgeting behavior with and without a stress ball

- Observations are over 10-minutes and record the duration of fidgeting
- Baseline: Participants will wear a crewneck without a stress ball.
- Intervention: Participants will wear a crewneck with a stress ball
- A feelings survey will assess how students feel in both conditions

## PREDICTED RESULTS

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# Can Squeezing a Stress Ball Reduce Fidgeting Behavior?