

ABSTRACTS

Presenting authors are listed by last name in alphabetical order. The sessions are indicated in bold at the top of each abstract. On Wednesday, April 19, 2023, the Poster session will be held from 8:00 to 11:00 AM, and the Plenary Session will be held from 1:00 to 4:30 PM, with the Raymond Pearl Memorial Lecture scheduled for 5:00 PM. Contributed Podium presentations are on Thursday, April 20, 2023, and the Flash Talks are on Friday April 21 from 8:30 to 11:00 AM. All times are Pacific Daylight Time (PDT).

Poster Session | Cardiovascular Indicators of Fireside Relaxation

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To some, it may come as no surprise that observing a campfire or indoor fireplace captures our attention and induces a relaxation effect. We may be drawn to the warmth it produces, watching the flickering flames, or listening the sounds of the crackling wood – whichever it is, the multi-sensory components of fire captivate humans in a unique way. Lynn (2014) first examined the fireside relaxation response and found a significant decrease in blood pressure when participants experienced a combined audiovisual fire compared to control conditions. Here, we conducted a follow-up study to Lynn (2014) by measuring pre- and post-trial blood pressure and heart rate using a randomized crossover design with 50 participants aged 18-60 located in Tuscaloosa, Alabama. We disaggregated an electric fireplace's sensory properties into four experimental conditions: visual fireplace with sound, muted visual fireplace, fire sounds only, and a muted control image of an inverted electric fireplace. Preliminary data analysis indicates the audiovisual experimental trial produces the most significant reduction in blood pressure and heart rate.