BIAL FELLOWSHIP PROGRAMME 76/04

Remote Staring Detected by Conscious and Psychophysiological Variables
- Combining and Improving Two Successful Paradigms -

FINAL REPORT
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1 Abstract

Findings in parapsychology suggest an effect of distant intentionality. Two laboratory set-ups explored this topic by measuring the effect of a distant intention on psychophysiological variables. The DMILS (direct mental interaction in living systems) experiments investigate the effect of various intentions on the electrodermal activity (EDA) of a remote subject. The "Remote Staring" experiments examine whether gazing by an observer (starer) covaries with the electrodermal activity of the person being observed (staree).

In two meta-analyses (Schmidt, Schneider, Utts & Walach, 2004) it became obvious that the remote staring studies had a lower overall quality than the DMILS studies. While there are some high quality DMILS studies (score over 90%) the highest quality in Remote Staring studies is 71%. Thus there is a lack in studies with good methodology to assess the remote staring paradigm.

We conducted a remote staring study that intended to overcome methodological shortcomings of earlier studies

Fifty participants were invited to take part as starees. After completing questionnaires on mindfulness, mood, personality and paranormal belief they rested in a comfortable position in front of a video camera while their EDA was continuously monitored. The experimenter also acted as the starer and either observed or did not observe the participant through a closed circuit television system according to a random schedule. EDA during stare and non-stare epochs was compared for significant differences.

In addition to this basic (replication) set-up two new hypotheses were tested. The participant had the possibility to press a button whenever s/he feels stared at. This added a conscious response variable without engaging into the disadvantages of the standard conscious guessing paradigm (guessing strategies, response bias etc).

Furthermore the distraction of the starers intention during non-stare epochs was varied. In one condition s/he was mentally occupied by a cognitive task, in the other s/he was just told not to stare (standard condition). We hypothesized that the distraction from the target in the standard condition was too weak to avoid an unwanted intentional effect in the staree.

Overall we did not find any staring effect at all, not in the EDA data and not in the 'conscious' open response situation. Thus the experiment failed in demonstrating any Psi effect.

2 Introduction

The era of examining the "everyday phenomenon" of feeling unseen gazes in a laboratory setting has a long history and can be differentiated in two main paradigms: the simple test setting and the more sophisticated one:

In the first kind of experiment in a randomized series of trials the starees are looked at (or not looked at) directly by another person sitting behind them, watched through a one-way mirror or watched by closed circuit television system and for each trial they had to make – in forced-choice way - guesses if they were looked at or not (Titchener, 1898; Coover, 1913; Poortman 1959; Peterson, 1959; Williams, 1983; Sheldrake, 1994, 1998, 1999, 2000).

All of these "the way of being stared at" or "unseen gaze" – studies were quite informally conducted and hardly shielded against sensory cueing.

A radical change in methodology towards the more sophisticated testing began with the studies of Braud et al in 1990. He and his colleagues pointed out that the effect sizes of the former studies were not very impressive because all these studies "were designed to encourage deliberate conscious guessing in order to identify staring periods" (1993a, p.376) and that stronger effects could be obtained if relatively "unconscious" autonomic nervous system activity were used as the indicator of staring detection, rather than conscious guessing "...because ... autonomic reactions might be less distorted by higher cognitive processes and therefore might provide a purer and more sensitive indicator" (1993b, p. 392).

From the late 1970´s until the early 1990´s Braud and his colleagues conducted altogether a series of 37 so called DMILS studies in the

laboratories of the Mind Science Foundation in San Antonio (Schlitz & Braud, 1997).

DMILS is the abbreviation of "direct mental interactions with living systems". In DMILS research an individual (agent) tries by means of mental intention and volition to interact with the behavioural or psychophysiological response of another, sensory isolated living target system (receiver). The most frequently response system that is studied in DMILS research is the electrodermal activity (EDA) of the receiver which the agent attempts to calm or activate during an experimental session. A typical DMILS session consists of 10 "activate" periods, 10 "calm" periods (and 20 "rest" periods in between) whose ordering is randomised and counterbalanced. Under the null hypothesis there is no difference to be expected between the receivers EDA arousal during the calm or activate periods.

The first remote-staring experiments were conducted by Braud and colleagues in the early nienties (Braud, Shafer & Andrews, 1993a, 1993b). In these EDA "remote staring" DMILS studies the paradigm of former DMILS-studies was combined with a quite simple design to test if people were able to detect when they are watched (or stared at) by a sender in a distant room. An experimental session consisted of two periods in random sequence: during a staring period the starer (agent or sender) was told to look intently at the real-time image (on a monitor or screen) of the staree (receiver) which is conveyed to him through a closed-circuit video camera system. His task was not to calm or activate the staree like in the DMILS-studies; in the non-staring periods the starer just turned away from the monitor and kept his mind busy with anything else than the experiment.

Altogether the four series of remote-staring experiments revealed significant results. The starees EDA was significantly more activated during the staring periods compared to their EDA level during the non-staring periods.

The experiments that followed the same paradigm (Schlitz & LaBerge, 1997;(Wiseman & Schlitz, 1997; Wiseman & Schlitz, 1999; Wiseman & Smith, 1994; Wiseman, Smith, Freedman, Wasserman & Hurst, 1995) can be regarded as conceptual replications of Braud's experiments. Most of them also revealed significant results by measuring the extent of activation during staring periods but the way the EDA was measured showed some shortcomings and thus leaves some doubt about the validity of the results (Schmidt & Walach, 2000).

Most popular today are the studies conducted and promoted by Rupert Sheldrake, run in style of the older - more simple - paradigm that made the conscious guessing of the staree the interesting outcome-variable. Sheldrake conducted or supervised big series of experiments mostly in schools and could always prove overall positive results with an extremely high significances: while the responses at staring epochs were constantly above chance they were around chance at non-staring epochs (Sheldrake, 1998, 1999, 2000, 2001, 2003, 2005). Anyway there are still a lot of controversies concerning the methodology as well as the statistical analysis of these experiments (Schmidt, 2003, 2005) .

Taken the impressive results of Sheldrake it looks like Braud and colleagues were wrong by speculating that "...in bypassing the cognitive processes, one avoided a "noise" source that could potentially obscure the relatively weak psi signal ." (Delanoy, 2001, p. 34).

So far a comparison between these two paradigms has just taken place in a few studies (i.e., Tart, 1963; Targ & Puthoff, 1974; Dean, 1974; Delanoy & Sah, 1994; Lobach & Bierman, 2004). The results of these studies support the idea that the unconscious, autonomic responses measured in EDA tasks may provide a more sensitive

instrument for detecting staring/psi effects whereas the conscious guess measure did not differ meaningfully from chance expectations.

In our study we made a direct comparison between these two measures:

Additionally to the measure of the autonomic reaction of the staree (EDA) we also measured the "conscious reaction". This procedure has some advantages:

By conscious guessing alone it will be difficult for the staree to avoid guessing strategies, response biases or intellectual analyzing and so forth. On the other side the phenomenon in everyday life is described by a conscious response and the question is open how this is modulated.

By measuring nervous processes and the possible difference in staring and non-staring periods and by comparing them with the conscious guessing it may be possible to find results about their interactions and the possible correlation of this interaction with other variables (i.e. personality, belief in Psi, mood).

So far conscious reports in staring experiments were received through a forced-choice procedure where "... the receiver must engage in overt cognitive processing to provide a response to the target" (Delanoy, 2001, p. 35). But this procedure is rather different from a daily life experience, where one is not asked whether one has been stared at but notices so in a particular moment. While the forced-choice procedure invites for certain guessing strategies and reflections on the subsequent answer in dependence from the last one, this is not true for the daily life situation.

Thus we introduced in our experiment an open response situation that has a higher ecological validity than a forced-choice procedure. The starees in our study didn't have to make a decision about staring "yes" or "no" at a particular moment but were asked to press a button whenever he or she had the feeling that the starer tried to get

connected with them and to release this button again when this feeling vanished. To avoid any cognitive strategies they were not informed on the number of staring vs. non-staring epochs their length or their starting point.

We furthermore introduced a new procedure on the side of the starer. Normally the agent/starer is asked to maximize his/her attention during staring periods and to think about something else during non-staring periods. Presuming that staring at somebody in daily life is just a process of focusing on a specific intention (unconscious or conscious) which in turn can be detected by a staree (unconscious or conscious), it is absolutely necessary that the agent maximizes his or her attention in order to make the experimental situation as close to real life as possible. But the harder part of the agent's task is to turn off his or her attention and intention in non-staring periods! Everybody knows that trying to do so usually produces the opposite. S/he will think exactly about what they should not think about, no matter how hard they try to make themselves busy. Presuming that there is the possibility of agent and receiver to get connected somehow by focused attention it can be assumed that the agent will be confused by this "steady attention" and may feel to be stared at even during the non-staring condition.

In order to avoid this we did not only ask the starer to maximize his attention during staring periods, but also made him or her minimize his/her attention in the non-staring periods by occupying him/her with a mental task that should result in "forgetting" about the staree for a short time. The starer was asked to perform a demanding cognitve test, exciting enough to capture the mind but also simple enough to turn away from upon the start of the next staring period. This procedure aimed at increasing the variance in the intentions of the starer between staring and non-staring epochs and thus we

expected also larger effects in the reactions (conscious and unconscious as well) of the staree.

To find out whether there is a difference in the magnitude of the reactions (conscious and unconscious) of the staree, half of the sessions for each starer were conducted in the "normal" way, (this means he/she was told just to turn away from the screen in the non-staring periods and try hard to think about anything else but the staree). In the other half the starer was occupied with the cognitive task in the non-staring periods.

To find out more about the role of the starers´ task to minimize his attention can be of great advantage for further parapsychological experiments. In spite of Braud and his colleagues´ assertion "...that the quality of the starers´ attention is important in determining the nature of the experimental outcome" (2001, 405p.) no study so far has tried to find out about this "pure attention component".

Altogether our objectives were as follows:

To replicate the two main staring paradigms (conscious report, EDA) in one experimental setting under best controlled conditions with state of-the-art EDA measurement (Schmidt & Walach, 2000).

- To assess a new method of recording conscious responses that overcomes the disadvantages of the standard forced choice method.
- To find out about the moderating variables of a possible staring detection effect. Related to this is the need to better understand the different roles of the various participants in a staring experiment (starer/agent and staree/receiver).
- To try to increase the staring detection effect by eliciting a larger variance in the attention/no attention task of the agent.
- To shed light on the „response-bias problem" in parapsychological experiments in general.

- To publish the results of this experiment in a mainstream journal

3 Pilot Study / Main Study

3.1 Time Schedule

- January 2005 – July 2005

Setting up of the lab facilities:

The hardware had to be installed (EDA Amplifier for constant voltage method; A/D Converter; the webcam) and the program for data acquisition had to be coded.

- August / September 2005

While still installing the equipment - the first tests were running to refine the programm and to improve the laboratory setting.

- Oktober / November 2005

Conducting of the first tests of the **pilot study** with 10 participants.

- December 2005

Analyzing the pilot study. Fixing a strict protocol for the main study.

- January 2006 – March 2006

Main study with 50 participants.

- April / May 2006

3.2 Pilot Study

Our pilot study had two aims:

First the two experimenters had to learn to work in a laboratory to get acquainted with the equipment and procedures and to get trained in handling with potential problems concerning the participants. Second we were testing and like this stepwise optimizing the laboratory equipment.

Therefore the pilot study was designed as an exploratory experiment with no specific hypothesis being formulated and no significance testing being performed.

After finishing the pilot study with ten participants the laboratory set-up, the measurement devices and all procedures were analyzed in order to perform the main study according to a strict protocol. Before the beginning of the main study in January, this protocol was deposited with Eberhard Bauer (IGPP, Freiburg).

3.3 Setting / Main Study

3.3.1 Location

All experimental sessions were conducted in a two-floor-building belonging to the Institute for Environmental Medicine at the University Hospital in Freiburg. Starer and staree were located in two entirely separated rooms in different wings of the building. The staree´s room was located on the ground floor and the starers´room on the first floor approximately 20m in distance. The physical separation of these rooms together with the standard use of a closed-circuit video system made any conventional communications absolutely impossible.

During the experimental session the staree sat quiet and relaxed in a comfortable chair. In order to eliminate any noises from outside which could influence the measurement of the EDA the starees wore special headphones, which extremely attenuate sounds from the environment (Sennheiser HD 280 Pro). In addition the participants listened to a special music (Dr. Harold Moses – "The Drone") which did not contain any sudden changes or beats in order to make them relaxed and comfortable without interfering with the EDA measurement.

3.3.2 Participants (starees /starers)

Fifty participants - recruited through leaflets – took part in the experimental sessions in exchange for 10 Euros. Twenty-six participants (52%) were female, twenty-four participants (48%) were male and the mean age of all participants was 32.5 years (SD = 10.3, range 20-57). There were no special criteria for the participants, everybody who was interested to participate was invited. Thereby the participants were a self-selected sample.

The whole study was conducted by two experimenters - one female and one male - who also acted as the starers (agents). They were hired for this study and extensively trained in a pilot study.

The complete organization and conductance of this study was carried out by the first author SM.

3.3.3 Materials

3.3.3.1 Video equipment

A video camera (Axis©Netcam206) was positioned half in front and half sidewise of the staree and transmitted real-time images to a monitor in the starers´ room. This one-way closed circuit video system allowed the starer (the experimenter) to see the participant but not the other way round.

3.3.3.2 EDA-measurement

The staree´s electrodermal activity was assessed by measuring skin conductance (SC-) with a constant voltage method (0.5 V) according to the guidelines by the Society for Psychophysiological Research (Fowles, Christie, et al. 1981). Skin conductance level (SC) was recorded with two 8mm Ag/AgCL electrodes placed on the thenar and hypothenar eminences of the non-dominant hand. An isotonic electrode gel (TDE 246, PAR Medizintechnik, Berlin) was applied and a time lag of at least 20 minutes between electrode application and

start of measurement was maintained to allow for skin adaptation processes.

SC-data was recorded by a skin conductance device built especially for this purpose by the University Hospital's electronic workshop. This device splitted the data into two channels, the tonic signal (SCL) and the phasic signal (SCR). The latter one was derived by treating the SCL with a time constant of 10s. Data was digitized (12 bit) and sampled at 20 Hz for each channel.

Two variables were derived from this data (i) Number of non-specific skin conductance responses (NS.SCR for more details see Schmidt & Walach, 2000), (ii) skin conductance level (SCL) calculated as a mean over all samples during an epoch. While the first one is the main dependent variable for this study the latter one was recorded for exploratory use.

3.3.3.3 Respiration Recording

Respiration was recorded by a piezo based respiration belt placed on the upper abdomen and also stored in a separate channel.

3.3.3.4 Conscious guessing

In order to record whenever a staree felt stared at the participants were provided with a tiny switch on their dominant hand (EDA recording took place on the non-dominant hand) and were asked to push this switch into the stare position whenever they had the feeling that they were being observed. The switch remained in this position by itself and participants were thus also asked to bring the switch back to the "not-stared-at" position, whenever they felt there was nobody staring at them from a distance.

The signal generated by the button presses of the participant was recorded together with the EDA raw data in a separate channel.

3.3.3.5 Questionnaires

Participants were asked to complete the following questionnaires:

1. **"Belief-in-Psi"**

Three questions similar to the ones that Wiseman and Schlitz used in their study (Wiseman & Schlitz, 1997). The three questions concerning the subjects attitudes toward psi. They will indicate their responses on a seven-point scale ranging from –3 to +3.

A general "belief-in-psi" score is obtained by summing the starees´ responses over all three questions. The questions are as follows:

Are you convinced about the existence of psi?

Certain -3 -2 -1 0 +1 +2 +3 Not at all

What best describes your own psi ability?

I have psi ability -3 -2 -1 0 +1 +2 +3 I have no psi ability

Do you believe you might be able to demonstrate any psi ability in this experiment?

Yes -3 -2 -1 0 +1 +2 +3 No

Each staree had to answer these questions before the experimental session.

2. **"Mindfulness" (Freiburg Mindfulness Inventory; FMI)**

Participants were asked to fill in the 14 item short form of the Freiburg Mindfulness Inventory (FMI) (Buchheld, Grossman & Walach, 2001; Walach, Buchheld, Buttenmüller, Kleinknecht & Schmidt, in press). This includes apart from awareness for the environment also the awareness of one´s own mental processes, emotions and signals from the body. The short form of this questionnaire can be filled out by people who are not familiar with the mindfulness concept itself.

The rational for measuring mindfulness in participants was to find out how the ability to be continuously aware of the present moment

is related to the detection of a remote stare observation. The rationale for measuring mindfulness in the starer was to find out whether the ability to be aware of the presence is related to a better performance. Mindfulness, intention and attention share aspects that are likely to be important for these kinds of intention experiments.

Each staree had to fill out this questionnaire before the experimental session.

3. „Well-being" (Befindlichkeitsskala; Bf-s)

General well-being was measured by the Bf-s´ (Zerssen, 1976), an adjective list which measures general well-being in 28 pairs of adjectives with opposite semantic content arranged in a semantic differential. The scale is a widely used, psychometrically sound scale for measuring short term changes in well-being.

The staree had to fill out this scale shortly before and directly after each session.

The starer had to fill out this scale shortly before each experimental session.

3.4 Procedure

The procedure was mainly equal to the "classical" staring experiments by Braud and colleagues (Braud et al., 1993a, 1993b) with the following changes or extensions:

Each experimental session was conducted individually by one of the two experimenters (starers).

After the questionnaires had been filled out, the electrodes had been attached, the respiration belt fastened and the headphones put into position the participant was left alone for five minutes in order to record his/her basal skin resistance (baseline). The experimenter reentered the staree's room, saved the baseline data and then went to

his room upstairs. Exactly 6 minutes after s/he had left the participant s/he started the computer program that ran the whole session. This program was written in VBA; it sampled and stored the incoming data, selected the random sequence, and controlled the monitor for the starer by switching between the picture of the staree and a blank screen (standard condition) or a computer game (distraction condition).

The only thing the experimenter had to do manually was to set up the program for either the standard or the distraction condition. The sequence of these two conditions throughout all the sessions was in a randomised order with the same number for both. Each of the experimenters had a package of sealed envelopes locked in a cabinet drawer. Before starting the program s/he chose the envelope labeled with the smallest number and like this found out about the ongoing condition.

During a staring epoch the experimenter saw the real-time image of the staree on the monitor.

During the condition where he/she was kept busy with the computer game through the non-staring period the game just appeared on the monitor and in the other condition s/he was presented a "non-staring" instruction on the screen.

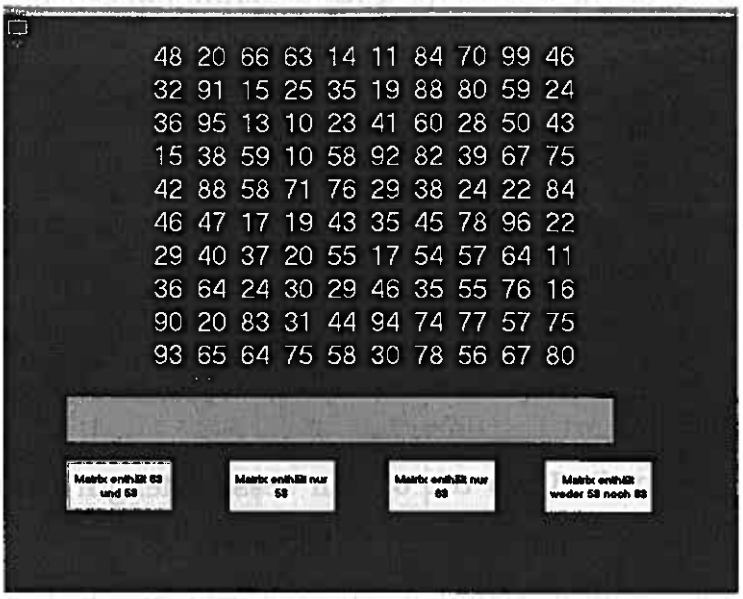

Figure 3-1: matrix condition

Example of the screen during the „matrix"-condition. The starer had to check within a 45 sec epoch for the numbers 53 and 63: There were 4 possibilities (in a balanced randomized order): 53 and 63; 53; 63; neither 53 nor 63. After taking a decision by clicking on one of the four buttons a new matrix started. The whole "matrix epoch" lasted for 60 sec.

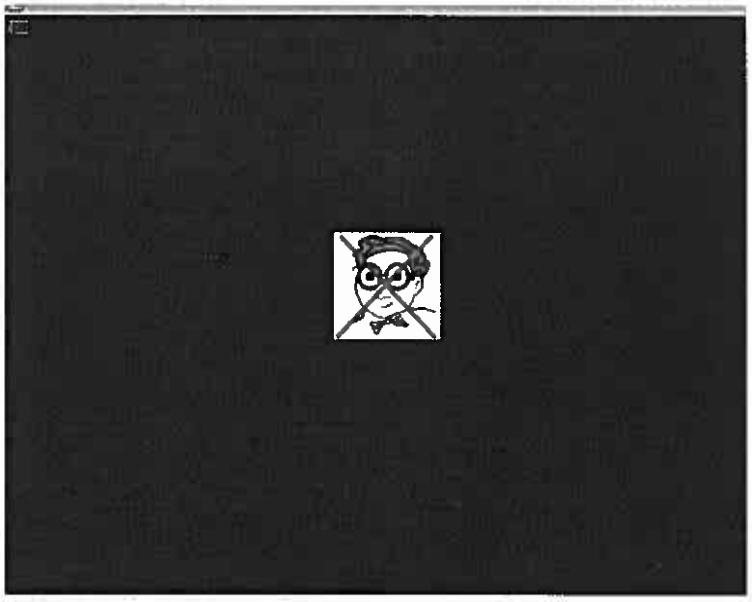

Figure 3-2 no-matrix condition

Example of the screen during the „No matrix"-condition. In this condition the starer had to turn around. The end of this condition was signalled by a "beep"-tone. The whole "no matrix epoch" lasted for 60 sec.

The sequence of these epochs was in a randomised order with the same number of staring and non-staring trials. The sequence was balanced in a way to avoid linear trends (such as a steady decrease in skin conductance or trends caused by shifts in the amplifier etc) potentially resulting in artefacts. An algorithmic random process was employed to draw a sequence out of a pool of sequences fulfilling the above critera. One epoch lasted 60 seconds. There were 10 staring and and ten non-staring epochs. Staring and non-staring epoch were interspersed by short rest intervals of variable length (5-15 seconds, randomly assigned). Thus the overall session length summed up to 23-30 minutes.

Examples for balanced sequences (A = staring epoch; B = no-staring epoch)

ABBAABBAABBAABBAABBA,
ABBAABBAABBABAABBAAB,
ABBAABBAABABBABAABBA,
ABBAABBAABBAABABBABA,
BAABBAABABBAABBAABBA,
BAABBAABABBABAABBAAB,
BAABBAABABBAABABBABA,
BAABABBAABBAABBAABBA,
BAABABBAABBABAABBAAB,
BAABABBAABABBAABBABA,
BAABABBAABABBABAABBA,
BAABABBAABBAABABBABA,
ABABBAABBABAABBAABBA,
ABABBAABBABAABABBABA,
ABBABAABABBAABBAABBA,
ABBABAABABBABAABBAAB,
ABBABAABABBAABABBABA,

BAABBAABBAABBAABBAAB,
BAABBAABBAABABBAABAB,
BAABBAABBABAABABBAAB,
BAABBAABBAABBABAABAB,
ABBAABBABAABBAABBAAB,
ABBAABBABAABABBAABBA,
ABBAABBABAABBABAABAB,
ABBABAABBAABBAABBAAB,
ABBABAABBAABABBAABBA,
ABBABAABBABAABBAABAB,
ABBABAABBABAABABBAAB,
ABBABAABBAABBABAABAB,
BABAABBAABABBAABBAAB,
BABAABBAABABBABAABAB,
BAABABBABAABBAABBAAB,
BAABABBABAABABBAABBA,
BAABABBABAABBABAABAB.

It is important to notice that the experimenter (the starer) was blind to the sequences of the epochs. Also the starees were blind against the sequencing of these two types of epochs but also against the number and the timing. They were just told that the camera would be switched on through the whole session but that the starer would only look at the monitor at certain times.

After the session was finished the experimenter waited for five more minutes before s/he entered the staree's room. Thereby a second baseline at the end could be recorded.

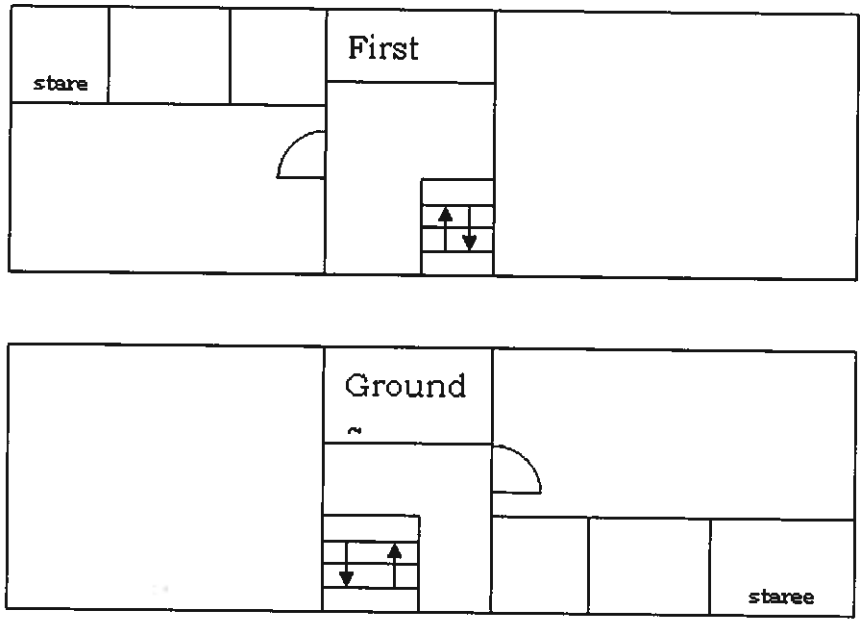

Figure 3-3: Plan of the Location

Figure 3-4: The experimenters´(starers´) room on the first floor

Figure 3-5: The participants´(starees´) room on the ground floor

4 Hypotheses

Our hypotheses were as follows:

4.1 Main Hypotheses

4.1.1 Staring Hypothesis (proof oriented)

4.1.1.1 Remote Staring: unconscious response (EDA)

There will be a significant difference in the starees´ electrodermal activity between staring and non-staring periods. The direction of this difference will not be specified (two-tailed test).

Phasic Activity:

There will be a significant difference in the value „NS.SCR.frequencies > 0.01 µS" between staring and non-staring periods. The direction of this difference will not be specified (two-tailed test)

Tonic Activity:

The same analysis will be perfomed for SCL for exploratory use.

4.1.1.2 Remote Staring: Conscious response

Starees will press the staring button more often and for longer periods during staring epochs than during non-staring epochs.

4.1.2 Distraction Hypothesis

4.1.2.1 Remote Staring: unconscious response (EDA)

The differences in the starees´ electrodermal activity (between staring and non-staring epochs throughout all the experimental sessions) in the sessions where the starer will be occupied by a cognitive task will be significant higher than the differences in the starees´ electrodermal activity in the sessions where the starer is asked just to "think about something else" while not staring.

4.1.2.2 Remote Staring: Conscious response

Starees will press the staring button more often and for longer periods during non-staring epochs in the condition when the starer is asked just to "think about something else" while not staring, than in the condition when s/he will be kept busy by playing a computer game.

4.2 Secondary Hypotheses

- There will be a correlation between the magnitude of the autonomic remote staring detection effect (EDA) as well as the conscious guessing and the well-being of the staree measured by the Bfs`.
- There will be a correlation between the magnitude of the autonomic remote staring detection effect as well as the conscious guessing of the staree and the well-being of the starer measured by the Bfs`.
- There will be a correlation between the magnitude of the autonomic remote staring detection effect and the belief in psi.
- There will be a correlation between the conscious guessing and the starees' belief in psi.

5 Data analysis

5.1 EDA-Parameters

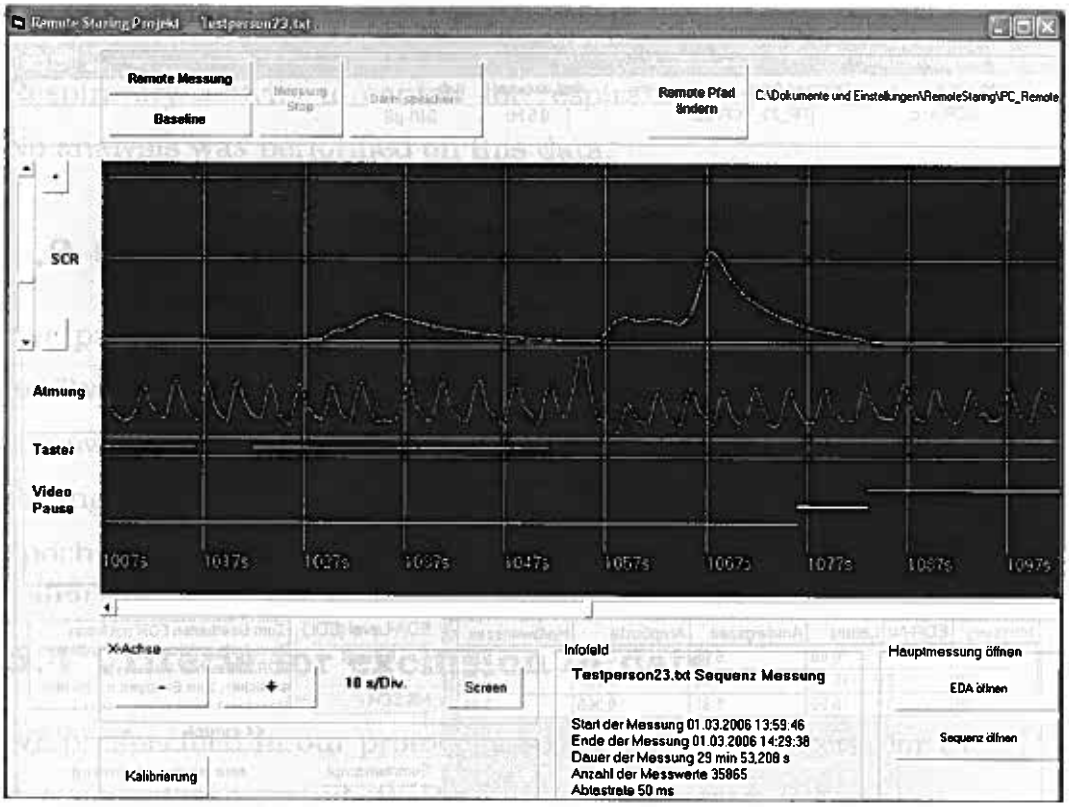

Figure 5-1: Screenshot of the registration programme: turquoise curve = SCR channel, blue curve = respiratory activity; red line = "button on"; green/blue line = video sequence (experimental condition)

5.1.1 SCR-channel

The data was first transformed into standardized measured values and then treated with a 0.5 Hz low-pass filter. Afterwards each of the twenty phases was analyzed for NS.SCR.frequencies as well as for NS.SCR. sum of amplitudes with a special software called EDA-Para Version 1.51 (© Florian Schaefer, 2006). The value threshold limits regarding to analyzing the data were 0.01 µS.

Each of these values were added up separately for the two conditions (stare and non-stare) throughout all epochs of one experimental session. Like this each session resulted into two pairs of values (consisting of the sums of staring and non-staring epochs).

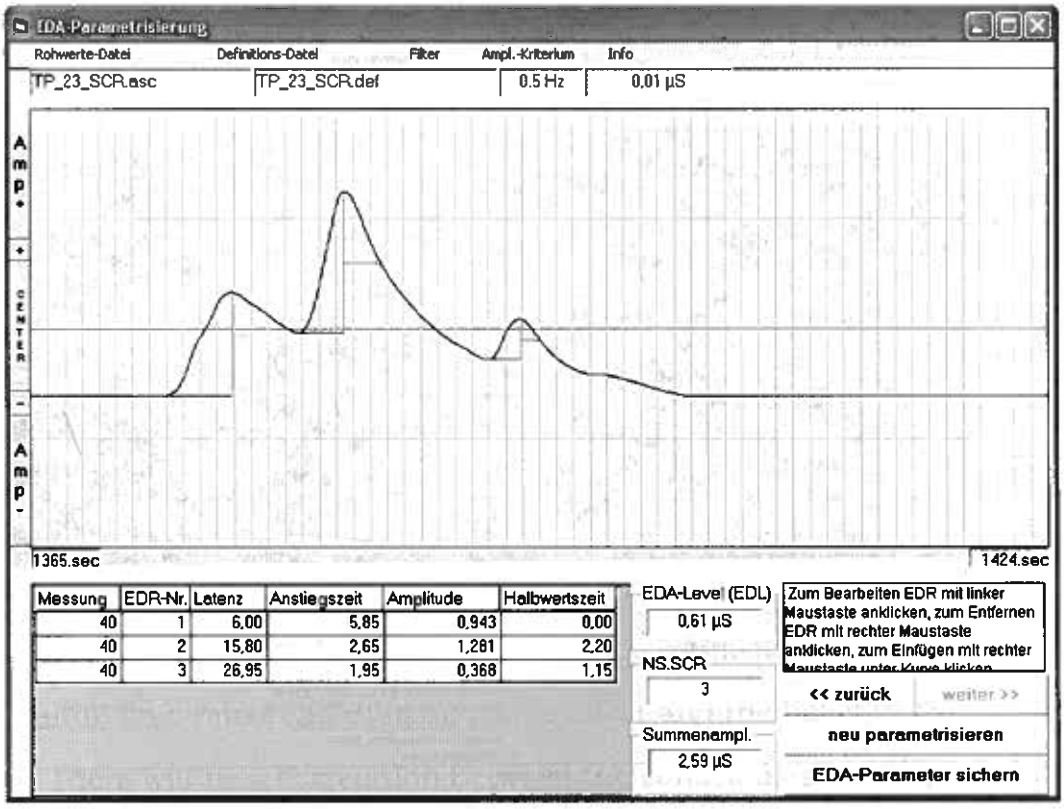

Figure 5-2: Screenshot of the EDA-Para © program for analyzing the NS.SCR.frequencies as well as the NS.SCR. sum of amplitudes of each of the different phases

5.1.2 SCL-channel

After being transformed to standardized measurement units (µS, microSiemens) each of the 60 sec epochs were averaged. These mean values were averaged over all epochs of the same type (10 * staring and 10 * non-staring). Thus each session resulted in one pair of values (consisting of the mean value of the staring and the mean value of the non-staring epochs).

A special software module assigned the epochs of all sessions to the conditions "experimental (stare)", "control (no stare)" and "rest"

according to the specific randomization sequence. The output file of this software was analyzed with the statistical package SPSS for Windows 11.5 and 13.0.

5.2 Respiratory activity

Respiratory activity to control for respiration related EDA reactions. No analysis was performed on this data.

5.3 Conscious guessing

The participants used a switch to indicate whenever they felt stared at. Two variables were derived from these data. (i) number of moves of the switch from 'no-stare' to 'stare' per epoch. (ii) percentage of time during which the switch was in the 'stare' position during a 60 sec epoch (ranging from 0% = not at all to 100% = all the time).

5.4 Criteria for exclusion of data

We prespecified in our protocol a set of exclusion criteria for the EDA data in order to exclude SCR non-responders from the analysis.

A dataset was excluded from analysis if:

- Mean-SCL-value for more than 4 60 sec. epochs was less than 0.5 μS
- The complete dataset showed less than 10 * NS.SCR > 0.01 μS
- Datasets were also excluded from the analysis if
- One electrode was disconnected during recording
- The staree wanted to discontinue the experimental session
- Anything else happened that could invalidate data recording

5.5 Questionnaires

Questionnaire data, data of the unconscious responses (EDA) and data of the conscious responses of the participants were entered into SPSS for Windows 11.5 and 13.0. Further analyses were conducted in SPSS and in Excel.

6 Statistics

6.1 Main Hypothesis

For the Main-Hypothesis - Hypothesis 1 (Staring Hypothesis) we proceeded as follows:

By calculating a mean over all 10 'stare' and all 10 'no stare' epochs we received a pairs of data for each participant. These pairs were tested for normal distribution (Kolmogorov-Smirnov-test). If they proved to be normal distributed the difference between 'stare' and 'no stare' was tested by the paired sample t-test. If normal distibutiont could not be assumed the nonparametric Wilcoxon Signed Rank test was employed.

For the Main-Hypothesis - Hypothesis 2 (Distraction Hypothesis) we proceeded as follows:

For every experimental sessions a pair of values was available (see above). These values were used to calculate a per-session success score by subtracting the score for 'no stare' from the score for 'stare'. Next, session success scores of distraction sessions and standard sessions were compared for significant differences. As the criterion "normal distribution" was fullfilled ($p > 0.05$) a t-test for independent variables (one-tailed, $\alpha = 0.05$) was computed. This was calculated for the NS.SCR data. The same analysis was computed for the other scores (SCL, button presses) but only in an exploratory fashion.

6.2 Secondary Hypothesis

For the secondary hypotheses – if there are any correlations between the conscious or unconscious reaction outcomes and personality variables – Spearman rank correlations have been calculated.

7 Results / Main Study

Of the 50 participants only 35 fulfilled the above inclusion criteria. We had a prespecified sample size of 40 in our protocol. But as the study proceeded more slowly than expected and more participants than anticipated fulfilled the exclusion criteria we had to stop with 35 valid data sets only, as the experimenters were no longer available. This decision was taken without any inspection or analysis of the data and was motivated purely by pragmatic reasons.

Graphics and tests for significances can be found in the attachment

7.1 Main Hypotheses*

7.1.1 Staring Hypothesis:

7.1.1.1 Remote Staring: Unconscious response (EDA)

- The average sum of NS.SCR-frequencies did not differ in stare (m=21.71, sd=12.77) vs. non-stare-trials (m=21.46, sd=13.54); t=.21 n.s., p=.84 (two-tailed)
- The average sum of NS.SCR-amplitudes did not differ in stare (m=5.00, sd=4.19) vs. non-stare-trials (m=4.91, sd=4.49); t=.28 n.s., p=.78 (two-tailed).
- The mean SCL did not differ in stare (m=3.82µS, sd=2.10) vs. non-stare-trials (m=3.80µS, sd=2.13). The variables were normally distributed and thus a t-test was applied to compare the means. The difference proved to be not significant (t = 1.25 n.s., p = .22).

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* The statistics concerning all hypotheses can be found in the attachment

7.1.1.2 Remote Staring: Conscious response

Participants were provided with a switch to signal whenever they felt stared at. Out of our complete sample of 50 participants 7 never used this switch, and we only analyzed the remaining 43. Our main analysis counted how often the switch was pushed into the "stared at" position during staring and non-staring epochs.

- On average participants pushed the switch 9.9 times during either "stared at" or "not stared at" epochs (range 1-40, SD = 8.2). They used the switch more often during "stared at" epochs (mean = 5.2, sd= 4.2) than during "not stared at" epochs (mean = 4.7, sd = 4.3). The variables were normally distributed and thus we applied t-test to compare the means. The difference proved to be not significant (t = .62, df = 42, p = .54).

As an additional exploratory analysis we calculated the percentage of time during which the switch was kept in the "stared at" position by the participant.

- Overall participants had the switch 23.9% of the time in this position (range 0.4 % - 60.3 %, sd = 15.7). During "stared at" epochs the switch was in 25.1 % (sd = 17.0) of the time in the stared at position, during "not stared at" epochs 22.8 % (sd = 16.9) of the time.

The variables were normally distributed. The difference was not significant (paired sample t-test, t = 1.17, df = 42, p = .25)

7.1.2 Distraction Hypothesis:

7.1.2.1 Remote Staring: Unconscious response (EDA)

There were 16 sessions where the distraction condition took place (matrix task) and 19 with the standard procedure (blank screen). Regarding the SCR variable (NS.SCR.frequencies; NS.SCR.sum of amplitudes).

- The average difference of NS.SCR-frequencies between stare and non-stare trials was larger in the matrix (m=2.13, sd=7.6) than in the no-matrix condition (m= -1.32, sd=7.06). Also the average difference of NS.SCR. sum of amplitudes between stare and non-stare trials was larger in the matrix (m=.49, sd=1.95) than in the no-matrix condition (m= -.25, sd=1.78).

As the variables were normally distributed we applied a t-test to compare the means. The difference proved to be not significant (independent samples t-test, t = 1.39, df = 33, p = .17).

- The average difference of the SCL between stare and non-stare trials was smaller in the matrix (m=.01μS, sd=.11) than in the no-matrix condition (m= -.04μS, sd=.12).

As the variable was normally distributed we applied a t-test to compare the means. The difference proved to be not significant (independant samples t-test, t = .72, df = 33, p = .48).

7.1.2.2 Remote Staring: Conscious response

Our main analysis counted how often the switch was pushed into the "stared at" position during staring and non-staring epochs in the matrix condition compared to how often the switch was pushed into the "stared at" position during staring and non-staring epochs in the no matrix condition. (Also here we only analyzed the 43 out of 50 participants who used the switch at all).

As an additional exploratory analysis we also calculated the percentage of time during which the switch was kept in the "stared at" and "non-stared at" position during the matrix condition compared to how often the switch was pushed into the "stared at" position during staring and non-staring epochs in the no matrix condition.

As both variables were normally distributed we calculated a t-test to compare the means. The differences proved to be not significant.

- Number of "button on" in stare trials - number of "button on" in non-stare trials (matrix vs. no-matrix condition): Independent samples t-test, t = .50, df = 41, p = .62).
- Percentage of time of "button on" in stare trials - Percentage of time of "button on" in non-stare trials (matrix vs. no-matrix condition): Independent samples t-test, t = 1.84, df = 41, p = .07).

7.2 Secondary Hypotheses

- No significant correlations either for the relationsship "autonomic remote staring detection effect - wellbeing *of the staree*" neither for "conscious guessing – wellbeing *of the staree*" were found.
- No significant correlations either for the relationsship "autonomic remote staring detection effect - wellbeing *of the starer*" neither for "conscious guessing – wellbeing *of the starer*" were found.
- No significant correlations either for the relationsship "autonomic remote staring detection effect – the starees´belief-in-psi" neither for "conscious guessing – the starees´belief-in-psi" were found.
- No significant correlations either for the relationsship "autonomic remote staring detection effect – the starees´ mindfulness" neither for "conscious guessing – mindfulness" were found.

8 Discussion

We conducted a remote staring experiment where we combined two strands of research which ran in parallel for several years. So far researcher have investigated this phenomenon by either employing a physiological ('unconscious') measurement (i.e. EDA) as dependent variable or by asking the subjects directly whether they were stared at or not (conscious forced choice paradigm). Furthermore we replaced the forced choice situation by an open response procedure, where the participants could indicate at any time if they have feelings of being stared at (or not) without being prompted. Moreover we tested a hypothesis on the distraction process of the starer while not staring at the participant. To do this, we either distracted the starer completely from the staree by a demanding cognitive task, or we left him or her (according to the standard paradigm) with just a blank screen. The difference between the two conditions was not significant ($p=.07$) but for the condition where the starers were distracted ($N=20$) we found a medium effect size staring effect according to our hypothesis of $d =.43$ ($p =.085$) for the difference between staring and non staring epochs. This result is promising enough to conduct another study with the same distraction paradigm but more participants.

We did not find any staring effect at all, not in the EDA data and not in the 'conscious' open response situation. The experiment failed in demonstrating any Psi effect.

First of all this releases us from the burden to demonstrate that no conventional information transfer was possible in our newly created remote staring set up. But why couldn't we demonstrate similar staring effects like other researchers active in this field? There are three well known lines of reasoning we would like to follow in short: (i) there is no such thing as a 'remote staring' effect and other

researchers have mistaken artifacts for such an effect, (ii) there is such an effect which we missed for reasons to be discussed and finally (iii) the psi phenomenon under consideration is not showing up in a stable and replicable mode but moderated by variables in a larger context or by the systemic set-up of the experimental paradigm in general.

The first (i) position focuses mainly on the methods and set-ups of earlier work and we would not like to engage in such a discussion here. This has already taken place elsewhere (see Schmidt, Schneider, Utts & Walach, 2004). There we have explained that in our view some effects can be attributed to methodological shortcomings but that there remains a substantial effect which lacks a classical explanation.

Regarding the position (ii) we can put our study in line with the two other recently published studies (Lobach & Bierman, 2004; Schlitz, Wiseman, Radin & Watt, 2005), which also failed to replicate staring effects with EDA as well as conscious guessing as dependent variables. Several reasons are possible for such a failure and we will restrict ourselves to just two. In our meta-analysis (Schmidt, Schneider, Utts & Walach, 2004) we calculated an effect-size for the EDA paradigm with $d = 0.13$ which corresponds approx. to an eighth part of a standard deviation. For an effect so small in size, all remote staring experiments conducted so far, including the one presented here, are underpowered by far. One would need studies with several hundreds of participants in order to achieve a reasonable power. But maybe the effect could just not be demonstrated because our sample was too small. Another possibility is that we didn't have the adequate experimenters or participants employed who might be necessary to initialize a psi-conducive system. Especially remote staring experiments proved to be sensitive to experimenter effects, (e.g. the

Wiseman-Schlitz studies but see also Juniper & Edlmann, 1998). Regarding participants so far only unselected samples have been tested and it was suggested to perform pretests or screening trials to select participants who can perform this task successfully.

The third option (iii), psi phenomena just showing up in an unstable manor, is of course a valid option, but we cannot discuss the various theoretical models referring to this position here. Some of this discussion has been presented elsewhere (Walach & Schmidt 2005).

As there was no overall Psi effect several of our other hypotheses could not be tested. This is especially true for the question, whether occupying the starer by a distracting task during the non-stare epochs can increase the differences between staring and non-staring epochs. Our data pointed into this direction but this can be of course mere chance findings. We nevertheless think that this interesting process oriented hypothesis should be followed up in future experiments. Unfortunately it is not testable in a system which does not show a basic psi effect, as this happened here.

9 Dissemination

A full paper describing this experiment was submitted for presentation to the 49th Annual Convention of the Parapsychological Association taking place in August 2006 in Stockholm. The paper will be published in the proceedings as

Müller, S., Schmidt, S. & Walach, H. (2006). Remote Staring Detected by Conscious and Psychophysiological Variables - Combining and Improving two Successful Paradigms. *Proceedings of Presented Papers of the 49th Annual Parapsychological Association Convention.*

A publication based on this paper is in preparation and will be submitted to a peer reviewed parapsychological journal (Journal of Parapsychology, European Journal of Psychology, Journal of the Society for Scientific Exploration).

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Attachment

I. Leaflets

TeilnehmerInnen an parapsychologischem Experiment gesucht

Viele Menschen glauben, spüren zu können, wenn sie aus der Ferne oder „hinter ihrem Rücken" angeschaut werden. Eigentlich kann das gar nicht sein.

Oder doch?

Bereits seit über 100 Jahren gibt es genau dazu die sogenannten „Staring -Experimente", die immer wieder Hinweise erbrachten, dass außersinnliche Kommunikation zwischen (zwei) Menschen durchaus möglich sein kann.

Auch wir hier in der Sektion komplementärmedizinische Evaluationsforschung möchten diese Frage genauer untersuchen, da sie wichtige Implikationen für unser gesamtes Forschungsgebiet, welches sich bis zur Fernheilung erstreckt, bieten kann.

Daher werden wir am Universitätsklinikum Freiburg - **Februar / März 2006** - eine entsprechende Versuchsserie durchführen, für die wir noch TeilnehmerInnen suchen.

Die Teilnahme an diesem wirklich netten Experiment zur außergewöhnlichen Kommunikation wird pauschal mit **10 Euro** vergütet.

InteressentInnen melden sich bitte bei:

Dipl.Psychologin Susanne Müller
Universitätsklinikum Freiburg
Sektion komplementärmedizinische Evaluationsforschung
Tel.: 270 - 5494

e-mail: susanne.mueller@uniklinik-freiburg.de

II. Information for the participants

Information für VersuchsteilnehmerInnen und

Einverständniserklärung

Liebe Versuchsteilnehmerin, lieber Versuchsteilnehmer

Sie nehmen an einem Experiment teil, in dem ein bestimmter Aspekt zur außersinnlichen Kommunikation untersucht wird. Um ihre allgemeine Aktivierung beobachten zu können, werden wir die Hautleitfähigkeit bei Ihnen messen. Dies geschieht mit so genannten Napfelektroden, die auf ihren Handflächen angebracht werden. An diesen Elektroden wird eine sehr schwache Spannung angelegt (0,5V) und ein schwacher Strom fließt zwischen den beiden Elektroden. Es handelt sich hierbei um ein noninvasives Verfahren, d.h. diese Messung ist für Sie völlig harmlos.
Trotzdem möchten wir Sie auf folgendes hinweisen: Bevor wir die Elektroden anbringen, müssen wir die entsprechenden Hautstellen mit Alkohol reinigen und mit einer Elektrodencreme versehen. Außerdem werden die Elektrodenkabel mittels eines Pflasters am Unterarm fixiert. Dadurch kann es bei empfindlichen Personen in seltenen Fällen zu Hautrötungen kommen. Wenngleich diese Rötung harmlos ist und in der Regel rasch wieder verschwindet, möchten wir Sie bitten, uns sofort zu informieren, sobald sie diese oder andere Beschwerden bekommen.

Datenschutz
Ihre Daten werden anonymisiert. Sie bekommen eine Versuchspersonennummer, die nicht mit Ihrem Namen in Verbindung gebracht werden kann. Dadurch werden die Bestimmungen des Datenschutzes gewährleistet.

Freiwilligkeit
Die Teilnahme an unserer Untersuchung ist freiwillig. Sie können die Teilnahme an unserer Studie jederzeit und ohne Angaben von Gründen abbrechen.

Falls Sie noch irgendwelche Fragen haben oder Ihnen bestimmte Dinge unklar sind, fragen Sie bitte den/die VersuchsleiterIn, bevor Sie diese Erklärung unterschreiben.

Ich habe die schriftliche und mündliche Information für VersuchsteilnehmerInnen zur Aufklärung über die Art und Durchführung der Untersuchung verstanden. Ich erkläre zur Untersuchung mein Einverständnis.

Freiburg, den _____

Unterschrift _____

"Remote Staring detected by conscious and psychophysiological variables – combining and improving two succesful paradigms"

Liebe Versuchsteilnehmerinnen und Versuchsteilnehmer,

Die Aufwandsentschädigung von € 10,- für die Teilnahme am Experiment kann Ihnen aus organisatorischen Gründen nicht direkt ausbezahlt werden, sondern wird Ihnen nach Abschluss unserer Studie auf Ihr Konto überwiesen.

Name, Vorname: _____

Bankleitzahl: _____

Kontonummer: _____

Bankinstitut: _____

_____

Unterschrift (VersuchsteilnehmerIn)

_____ _____

Datum Unterschrift (VersuchsleiterIn)

III. Questionnaires

Vpn-Nr.

Bitte beantworten Sie zunächst folgende Fragen:

Geschlecht: **weiblich** ☐ **männlich** ☐

Alter: _____ **Jahre**

Haben Sie schon einmal an einem parapsychologischen Experiment teilgenommen?

Ja ☐
Nein ☐

Falls ja, an was für einem und wo?

_____

_____

Haben Sie jemals eine Form geistiger / mentaler Übungen praktiziert (z.B. Kampfsportarten, Meditation o.ä.)?

Ja ☐
Nein ☐

Falls ja, welche und wie lange (heute noch)?

_____

_____

Bf-S' PIETZ Bf' _____

Inst _____ Stat _____ Datum _____ Wt _____

I-Nr _____ ICD-Nr _____ Uhrzeit _____/_____ Tz _____

_____ V – IQ _____

Ab hier vom Patienten auszufüllen:

Name _____ Mädchenname _____

Vorname _____ Geburtsdatum _____ Alter _____ Jahre

Beruf _____ Geschlecht m/w

Im folgenden finden Sie eine Reihe von Eigenschaftspaaren. Bitte, entscheiden Sie – ohne lange zu überlegen – welche der beiden Eigenschaften Ihrem augenblicklichen Zustand am ehesten entspricht. Machen Sie in das Kästchen hinter der eher zutreffenden Eigenschaft ein Kreuz. Nur wenn Sie sich gar nicht entscheiden können, machen Sie ein Kreuz in die Spalte „weder – noch". Lassen Sie keine Zeile aus.

Ich fühle mich jetzt:

		eher		eher	weder–noch
1.	aufgeschlossen		gehemmt		
2.	guter Dinge		trübsinnig		
3.	antriebslos		betriebsam		
4.	anfällig		robust		
5.	zielstrebig		ziellos		
6.	ernst		heiter		
7.	einfallsarm		einfallsreich		
8.	empfindlich		unempfindlich		
9.	pessimistisch		optimistisch		
10.	sorglos		grüblerisch		
11.	zerschlagen		munter		
12.	liebesfähig		liebesunfähig		
13.	schuldig		unschuldig		
14.	erschöpft		erholt		
15.	lebensmüde		lebenslustig		
16.	gut		böse		
17.	fröhlich		traurig		
18.	geliebt		ungeliebt		
19.	träge		aktiv		
20.	verschlossen		zugewandt		
21.	lebendig		leblos		
22.	temperamentvoll		lahm		
23.	aufmerksam		zerstreut		
24.	verzweifelt		hoffnungsvoll		
25.	zufrieden		unzufrieden		
26.	ängstlich		draufgängerisch		
27.	kraftvoll		kraftlos		
28.	ausgeglichen		rastlos		

Vpn-Nr.

Fragebogen zur paranormalen Überzeugung

Sind Sie von der Existenz von PSI (bsplsw. Telepathie, Hellsehen, Präkognition) überzeugt?

Sicher	**+3**	**+2**	**+1**	**0**	**-1**	**-2**	**-3**	**Unmöglich**

Wie würden Sie Ihre eigenen PSI-Fähigkeiten am ehesten beschreiben?

Ich habe PSI_Fähigkeiten	**+3**	**+2**	**+1**	**0**	**-1**	**-2**	**-3**	**Ich habe keine PSI_Fähigkeiten**

Glauben Sie, Sie könnten in diesem Experiment irgendwelche PSI-Fähigkeiten zeigen?

Ja	**+3**	**+2**	**+1**	**0**	**-1**	**-2**	**-3**	**Nein**

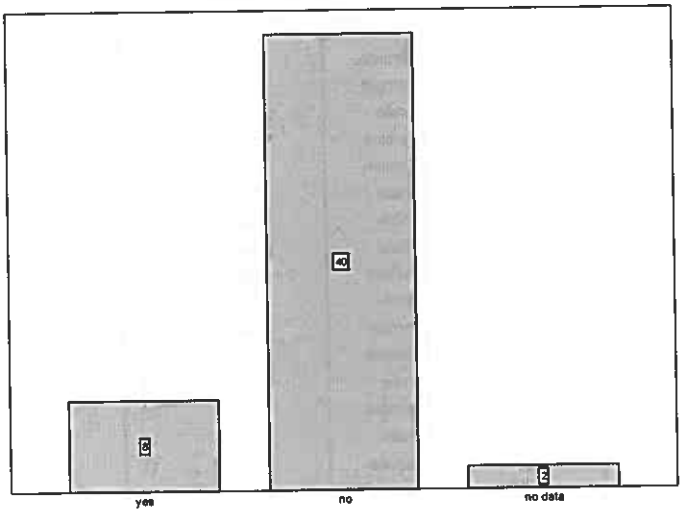
IV. Statistics

Sociodemographic variables

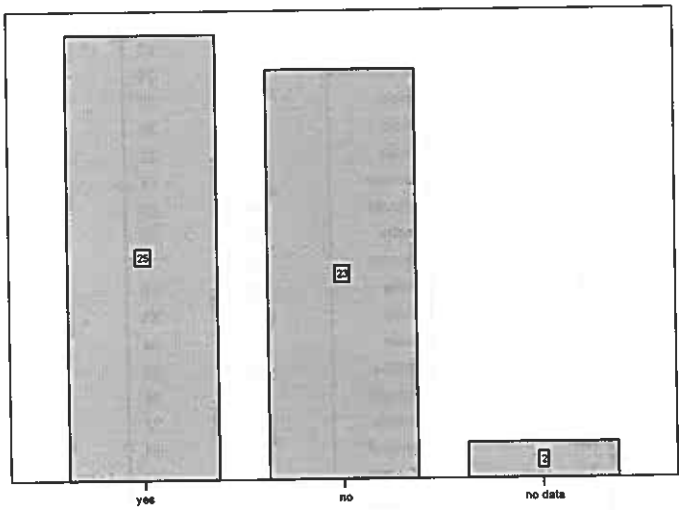
Zusammenfassung von Fällen

	sex	age	staree
1	female	57	1
2	female	23	2
3	female	26	3
4	male	-9	4
5	female	-9	5
6	female	44	6
7	male	28	7
8	male	30	8
9	male	44	9
10	female	45	10
11	male	25	11
12	female	45	12
13	female	24	13
14	male	25	14
15	female	20	15
16	male	40	16
17	female	26	17
18	female	22	18
19	female	31	19
20	female	23	20
21	male	26	21
22	male	26	22
23	female	30	23
24	female	57	24
25	male	45	25
26	male	41	26
27	male	27	27
28	female	54	28
29	female	37	29
30	male	44	30
31	female	28	31
32	male	23	32
33	male	26	33
34	male	25	34
35	female	30	35
36	female	22	36
37	female	23	37
38	female	38	38
39	female	33	39
40	female	24	40
41	male	34	41
42	male	42	42
43	male	24	43
44	male	29	44
45	female	48	45
46	male	31	46
47	male	27	47
48	male	21	48
49	female	45	49
50	male	20	50
Insgesamt N	50	48	50

Analyses of the Questionnaires

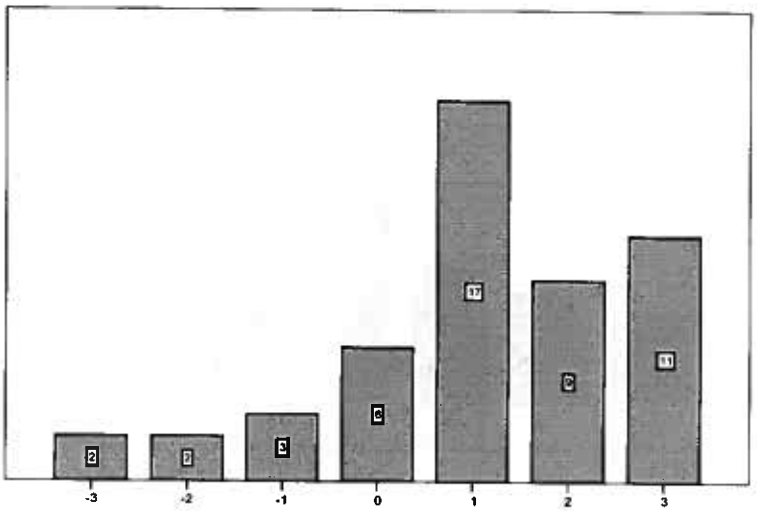


Did you ever take part in a parapsychological experiment?



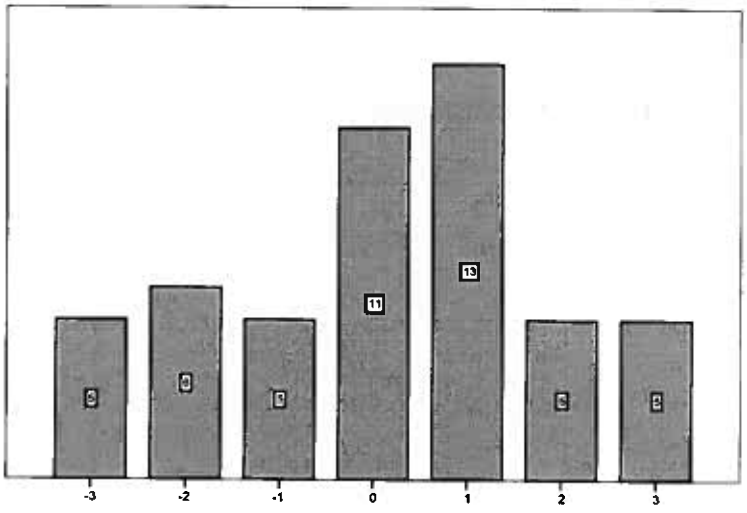
Did you ever practice any kind of mental exercises?

Sheep – Goat



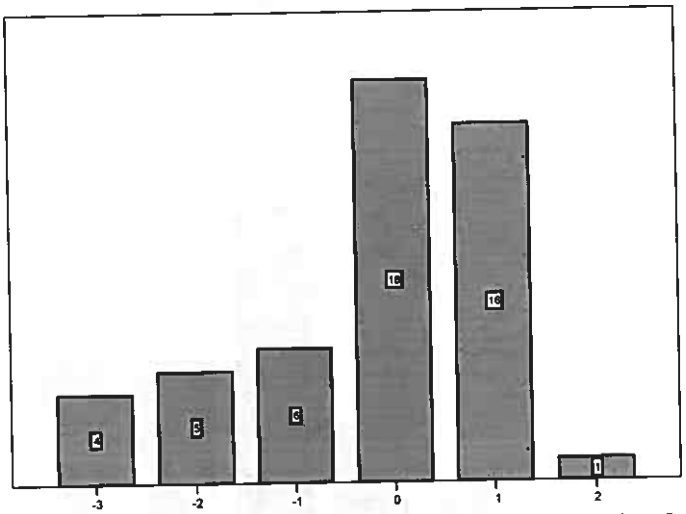
Is the existence of psi?

certain impossible

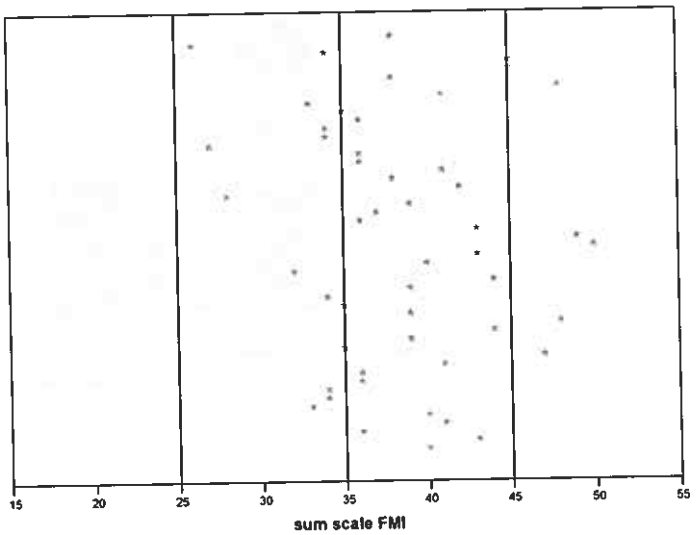


What best describes your own psi ability?

I have psi ability I have no psi ability



Freiburg Mindfulness Inventory (FMI)



Staring Hypothesis / Main Hypotheses

Remote Staring: Unconscious Response (7.1.1.1)

SCR

results for the main outcome variable: **NS.SCR.frequencies**

		mean	n	standard deviation	standard error
pairs	NS.SCR-frequencies in stare trials	21,71	35,00	12,77	2,16
	NS.SCR-frequencies in non-stare trials	21,46	35,00	13,54	2,29

		n	correlations	significance
pairs	NS.SCR-frequencies in stare trials & NS.SCR-frequencies in non-stare trials	35	,843	,000

t-test

		paired differences					T	df	sig. (two-tailed)
		mean	standard deviation	standard error	95% Konfidenzintervall der Differenz Untere	Obere			
pairs	NS.SCR-frequencies in stare trials - NS.SCR-frequencies in non-stare trials	,26	7,41	1,25	-2,29	2,80	,21	34,00	,84

results for the outcome variable: **NS.SCR. sum of amplitudes** (exploratory analysis)

		mean	n	standard deviation	standard error
	sum:NS.SCRs in stare trials	5,00	35,00	4,19	,71
	sum:NS.SCRs in non-stare trials	4,91	35,00	4,49	,76

		n	correlations	significance
pairs	sum:NS.SCRs in stare trials & sum:NS.SCRs in non-stare trials	35	,910	,000

t-test

		paired differences					T	df	sig. (two-tailed)
		mean	standard deviation	standard error	95% Konfidenzintervall der Differenz Untere	Obere			
Paaren 1	sum:NS.SCRs in stare trials - sum:NS.SCRs in non-stare trials	,09	1,87	,32	-,55	,73	,28	34,00	,78

results for the outcome variable: SCL (exploratory analysis)

		mean	n	standard deviation	standard error
pairs	SCL in stare trials	38,21	35	20,98	3,55
	SCL in non stare trials	37,98	35	21,27	3,59

		n	correlation	significance
pairs	SCL in stare trials & SCL in non stare trials	35	,999	,000

t-test

		Gepaarte Differenzen					T	df	sig. (two-tailed)
		mean	standard deviation	standard error	95% Konfidenzintervall der Differenz Untere	Obere			
pairs	SCL in stare trials SCL in non-stare trials	,24	1,12	,19	-,15	,62	1,25	34	,22

Remote Staring: Conscious response (7.1.1.2)

results for the outcome variable: number of "button on" in stare trials – number of "button on" in non-stare trials

		mean	n	standard deviation	standard error
pairs	"button on" in stare trials	4,44	43,00	3,74	,57
	"button on" in non-stare trials	4,26	43,00	4,07	,62

		n	correlations	significance
pairs	"button on" in stare trials & "button on" in non-stare trials	43	,88	,00

t-test

		paired differences					T	df	sig.(two-tailed)
		mean	standard deviation	standard error	95% Konfidenzintervall der Differenz Untere	Obere			
pairs	"button on" in stare trials - "button on" in non-stare trials	,19	1,98	,30	-,42	,80	,62	42,00	,54

results for the outcome variable: % of time of "button on" in stare trials - % of time of "button on" in non stare trials

		mean	n	standard deviation	standard error
pairs	% of time of "button on" in stare trials	25,07	43,00	16,97	2,59
	% of time of "button on" in non-stare trials	22,79	43,00	16,93	2,58

		N	correlations	significance
pairs	% of time of "button on" in stare trials & % of time of "button on" in non-stare trials	43	,71	,00

t-test

		paired differences					T	df	sig. (two-tailed)
		mean	standard deviation	standard error	95% Konfidenzintervall der Differenz Untere	Obere			
pairs	% of time of "button on" in stare trials - % of time of "button on" in non-stare trials	2,29	12,80	1,95	-1,65	6,23	1,17	42,00	,25

Distraction Hypothesis

Remote Staring: Unconscious Response (7.1.2.1)

results for our main outcome variable: NS.SCR.frequencies (NS.SCR. sum of amplitudes)

	matrix	n	mean	standard deviation	standard error
NS.SCR-frequencies in stare trials - non stare trials	matrix	16	2,13	7,60	1,90
	no matrix	19	-1,32	7,06	1,62
sum: NS.SCRs in stare trials - non stare trials	matrix	16	,49	1,95	,49
	no matrix	19	-,25	1,78	,41

t-test

		Levene-Test der Varianzgleichheit		T-Test für die Mittelwertgleichheit						
									95% Konfidenzintervall der Differenz	
		F	significance	T	df	sig. (two-tailed)	Mittlere Differenz	standard error	Untere	Obere
NS.SCR-frequencies in stare trials - non stare trials	Varianzen sind gleich	,46	,50	1,39	33,00	,17	3,44	2,48	-1,61	8,49
	Varianzen sind nicht gleich			1,38	31,07	,18	3,44	2,50	-1,65	8,53
sum: NS.SCRs in stare trials - non stare trials	Varianzen sind gleich	,10	,76	1,16	33,00	,25	,73	,63	-,55	2,02
	Varianzen sind nicht gleich			1,15	30,76	,26	,73	,64	-,57	2,03

results for the outcome variable: SCL (exploratory analysis)

	matrix	n	mean	standard deviation	standard error
SCL: stare trials - no stare trials	matrix	16	,0856	1,07365	,26841
	matrix	19	,3616	1,16722	,26778

t-test

		Levene-Test der Varianzgleichheit		T-Test für die Mittelwertgleichheit						
									95% Konfidenzintervall der Differenz	
		F	significance	T	df	sig. (two-tailed)	Mittlere Differenz	standard error	Untere	Obere
SCL: stare trials - no stare trials	Varianzen sind gleich	,05	,83	-,72	33,00	,48	-,28	,38	-1,05	,50
	Varianzen sind nicht gleich			-,73	32,71	,47	-,28	,38	-1,05	,50

Remote Staring: Conscious response (7.1.2.2)

results for the outcome variable: number of "button on" in stare trials – number of "button on" in non-stare trials for matrix vs. no-matrix condition

	matrix	n	mean	standard deviation	standard error
"button on" in stare trials - non stare trials	matrix	20	,35	1,95	,44
	no matrix	23	,04	2,03	,42
%"button on" in stare trials - non stare trials	matrix	20	6,03	14,85	3,32
	no matrix	23	-,96	9,93	2,07

t-test

		Levene-Test der Varianzgleichheit		T-Test für die Mittelwertgleichheit						
									95% Konfidenzintervall der Differenz	
		F	Signifikanz	T	df	Sig. (2-seitig)	Mittlere Differenz	Standardfehler der Differenz	Untere	Obere
"button on" in stare trials - non stare trials	Varianzen sind gleich	,040	,84	,50	41,00	,62	,31	,61	-,93	1,54
	Varianzen sind nicht gleich			,50	40,56	,62	,31	,61	-,92	1,54
%"button on" in stare trials - non stare trials	Varianzen sind gleich	2,713	,11	1,84	41,00	,07	6,99	3,81	-,70	14,68
	Varianzen sind nicht gleich			1,79	32,41	,08	6,99	3,91	-,98	14,95

Secondary Hypotheses

Korrelationen

			Are you convinced about the existence of psi?	What best describes your own psi ability	Do you believe you might be able to demonstrate any psi ability in this experiment?	mindfulness sum scale	well-being of the staree	NS.SCR frequencies stare-non stare	NS.SCR amplitudes stare-non stare	SCL stare-non -stare
Spearman-Rho	Are you convinced about the existence of psi?	Korrelationskoeffizient	1,000	,636**	,233	,233	,038	-,020	,098	,081
		Sig. (2-seitig)	.	,000	,103	,103	,794	,888	,498	,576
		N	50	50	50	50	50	50	50	50
	What best describes your own psi ability	Korrelationskoeffizient	,636**	1,000	,589**	,485**	-,091	,088	,109	,210
		Sig. (2-seitig)	,000	.	,000	,000	,530	,545	,450	,144
		N	50	50	50	50	50	50	50	50
	Do you believe you might be able to demonstrate any psi ability in this experiment?	Korrelationskoeffizient	,233	,589**	1,000	,164	-,051	-,007	,024	,161
		Sig. (2-seitig)	,103	,000	.	,254	,728	,962	,868	,264
		N	50	50	50	50	50	50	50	50
	mindfulness sum scale	Korrelationskoeffizient	,233	,485**	,164	1,000	-,450**	,382**	,138	,029
		Sig. (2-seitig)	,103	,000	,254	.	,001	,006	,340	,841
		N	50	50	50	50	50	50	50	50
	well-being of the staree	Korrelationskoeffizient	,038	-,091	-,051	-,450**	1,000	-,340*	-,097	,194
		Sig. (2-seitig)	,794	,530	,728	,001	.	,016	,503	,177
		N	50	50	50	50	50	50	50	50
	NS.SCR frequencies stare-non stare	Korrelationskoeffizient	-,020	,088	-,007	,382**	-,340*	1,000	,548**	,001
		Sig. (2-seitig)	,888	,545	,962	,006	,016	.	,000	,994
		N	50	50	50	50	50	50	50	50
	NS.SCR amplitudes stare-non stare	Korrelationskoeffizient	,098	,109	,024	,138	-,097	,548**	1,000	,090
		Sig. (2-seitig)	,498	,450	,868	,340	,503	,000	.	,534
		N	50	50	50	50	50	50	50	50
	SCL stare-non-stare	Korrelationskoeffizient	,081	,210	,161	,029	,194	,001	,090	1,000
		Sig. (2-seitig)	,576	,144	,264	,841	,177	,994	,534	.
		N	50	50	50	50	50	50	50	50

**. Die Korrelation ist auf dem 0,01 Niveau signifikant (zweiseitig).

*. Die Korrelation ist auf dem 0,05 Niveau signifikant (zweiseitig).

V.Procedure

How-To Manual

Remote Staring

Leitfaden für den Versuchsablauf

erster Stock : Abteilung der AG

1 Versuchsleiterraum vorbereiten

(1) Rechner hochfahren

(2) Unterlagen bereitlegen für **VL**

- Ψ **FFA** (jede Woche nur einmal)
- Ψ **1x Bf-s**
- Ψ fortlaufender Protokollbogen

2 Equipment für Exp.-raum bereitlegen

(3) Unterlagen für **Vp**

- Ψ **„Info“** Informationen zum Experiment
- Ψ **„Allgemein“** allgemeine Angaben
- Ψ **„sheep-goat“**
- Ψ **„FFA“** Achtsamkeitsfragebogen (Kurzform)
- Ψ **2x „BF-s“** Befindlichkeitsfragebogen (prä-post)
- Ψ Formular für Geldüberweisung

(4) Elektrodencreme aus Kühlschrank (HiWi-Zimmer) nehmen

(5) „Musik“+ Kopfhörer mitnehmen

(6) Schlüssel für Exp.-raum in Ambulanz mitnehmen

Erdgeschoss: Ambulanz

3 Experimentalraum vorbereiten

(7) Rechner hochfahren

(8) Lüften!!! (bis zum Eintreffen der VPn)

(9) Heizung aufdrehen

(10) Tücher nass machen und auf Heizung legen

(11) „Staring-VPn"-Programm starten

(12) Protokollbogen bereitlegen

(13) Equipment für Messung bereitlegen

- Ψ Atemgurt
- Ψ Elektroden
- Ψ Kleberinge
- Ψ Klebeband
- Ψ Alkohol
- Ψ Tupfer

(14) Mp3 + Kopfhörer bereitlegen (Testen)

(15) Wasser + Glas bereitstellen

(16) Fragebögen + Kugelschreiber bereitlegen

(17) Die Vorbereitungen sind damit abgeschlossen. Überprüft die Uhrzeit. Nutzt die Zeit bis zum Termin mit der VPn dazu, euch nochmal kurz zu sammeln und euch auf das Experiment einzustellen. Zum vereinbarten Termin Ausschau nach Vpn halten. Diese sollten vereinbarungsgemäß bei der Sitzgruppe vor der Ambulanz warten.

4 Vorgespräch

Der Empfang der Vpn und die Phase vor dem Experiment mit der Vpn sind **absolut wichtig** für unser Experiment.

(18) VPn mit Namen begrüßen, sich selbst vorstellen

(19) In den Exp.-raum geleiten, Platz nehmen lassen

(20) Zu trinken anbieten,

(21) „Smalltalk" (wie hergefunden? etc.). Falls ihr nicht von selbst gefragt werdet:

- Ψ Info über Thematik (warum untersucht unsere Arbeitsgruppe solch ein *parapsychologisches* Phänomen; Hinweis auf Zusammenarbeit mit Ambulanz, daher Experimentalraum etc.); es ist wichtig, die Normalität des Themas zu betonen; nicht explizit, sondern durch den Umgang damit
- Ψ Info inhaltlicher Art (warum EDA-Messung etc.)

(22) Ablauf des Experimentes erklären; es dürfen keine Unsicherheiten bestehen, daher: nachfragen, ob alles klar ist, **aber keinesfalls Anzahl der Phasen erwähnen; die kennt ihr selbst nicht :-) !!**

(23)  Im ersten Stock VL-Raum zeigen

(24)  Zurück in die Ambulanz

(25) Schild vor Türe herumdrehen

(26) Wenn alles klar ist (nachfragen!!!), beginnen

5 Experiment

(27) Elektroden vorbereiten (1 Paar). Elektrodenränder mit Alkohol reinigen und kurz ausdampfen lassen. Kein Alkohol auf Elektrodenfläche (falls doch, neue nehmen). Kleberinge aufkleben; Elektrodencreme einfüllen;

währenddessen

- Ψ **„Info"**- Bogen vorlegen (Unterschrift einholen nicht vergessen)
- Ψ **„Allgemeiner Fragebogen"** vorlegen

(28) Fragen, ob VPn nochmal zur Toilette muss

(29) VPn bitten, das mitgebrachte Handy (falls) bis zum Ende des Experimentes Dir zu übergeben (

(30) Atemgurt anlegen (VPn stehend)

(31) VPn-Sessel arrangieren

(32) Elektroden überprüfen (Luftblasen??)

(33) Elektroden anlegen; Elektroden sollten mindestens 10 min vor Beginn der Messung angebracht sein

(34) Fragebogen vorlegen

- Ψ **„sheep-goat“**
- Ψ **„FFA“** Achtsamkeitsfragebogen (Kurzform)
- Ψ **„Bf-s“** Befindlichkeitsfragebogen

(35) In der Zwischenzeit selbst **Bf-s** ausfüllen , Protokollbogen ausfüllen (Raumtemperatur etc.)

(36) „Markerkästchen“ (mitAuge) befestigen

(37) Probemessung starten, am Monitor überprüfen

- Ψ Marker überprüfen: rote Linie? aus-an-Test
- Ψ Atmung überprüfen; Ist Atmung nicht eindeutig, Atemgurt evtl. verschieben (keine Pulloverfalten); Zu eng? Zu weit?

(38) Elektroden einstöpseln

- Ψ Kurven im Kanal überprüfen
- Ψ Vpn soll Luft anhalten, auf Zunge beissen, Finger bewegen
- Ψ Auflösung evtl. größer stellen

Falls alles „schräg“ aussieht, nochmal probieren (Programm schließen und wieder öffnen, im äußersten Notfall Rechner nochmal starten) Keine Panik!!!

(39) Programm schließen und gleich wieder öffnen

(40) Kopfhörer anlegen

(41) Baselinemessung starten

(42) Verlasst den Raum nun für 5 min (Uhr mitnehmen)

(43) Baseline speichern (auf Ordner „Baseline“achten, nicht in „EDA“speichern) mit aktueller VPn-Nummer zweistellig speichern

(44) Programm schließen und gleich wieder öffnen

(45) Abklären, ob alles in Ordnung ist oder ob es noch Fragen gibt

(46) Im Programm auf „Messung starten“

(47) „Musik“ unbedingt neu starten, da Signal nach 10 Min Versuchsbeginn signalisieren soll

(48) Raum unverzüglich verlassen

(49)  hoch in den ersten Stock

erster Stock : Abteilung der AG (VL-Raum)

(50) Türschild umdrehen

(51) Kamera „öffnen“, starten

(52) „Staring-VL“ öffnen

(53) aktuelle Versuchsbedingung aus entsprechendem Umschlag entnehmen und auf dem Protokollbogen vermerken („Matrix“ oder “keine Matrix“), ebenso entsprechend das Programm einrichten

(54) VPn-Nummer eintragen (zweistellig)

(55) Uhr im Auge behalten ; 10 min nach Verlassen der Vpn auf „Remote Start“ (zeitlich korrespondierend mit dem Signalton auf dem Mp3-Player)

(56) **Der Versuch beginnt**

Falls Fehlermeldung kommt, nochmal probieren (Programm schließen und wieder öffnen, im äußersten Notfall Rechner nochmal starten) **Keine Panik!!!**

(57) Das Programm führt euch durch den Versuchsablauf (einzelne Elmente wie besprochen)

6 nach dem Experiment

(58) Kamera beenden; Browser schließen

(59)  zurück in die **Ambulanz**

(60) auf die Uhr schauen; 5 min nach Beenden des Experimentes den Exprimentalraum betreten (darauf achten, die VPn nicht zu erschrecken; im dümmsten Fall ist sie eingeschlafen)

(61) Programm beenden; Daten speichern

(62) Temperatur und Zeit auf Protokollbogen eintragen

(63) VPn entkabeln (Atemgurt lösen, Elektroden entfernen)

(64) Nachgespräch (falls nötig, Stichpunkte später auf Kontrollbogen vermerken)

(65) Falls Interesse an Ergebnis besteht, Adresse in Liste eintragen lassen (darauf hinweisen, dass dies frühestens April vorliegt)

(66) Formular für Geldüberweisung ausfüllen lassen (auch hier darauf hinweisen, dass diese erst Ende Februar/Anfang März erfolgen wird)

(67) VPn zum Ausgang geleiten

(68) Alles aufräumen

- Ψ Elektroden reinigen und zum Trocknen aufhängen
- Ψ Rechner runterfahren, ausstecken
- Ψ Heizung ausschalten
- Ψ Fenster zu

(69) Einpacken, um mit nach oben zu nehmen:

- Ψ Fragebögen
- Ψ Protokollbögen
- Ψ MP3+Kopfhörer
- Ψ Elektrodencreme (kommt wieder in Kühlschrank)

(70) Licht aus

(71) Türe von Experimentalraum abschließen

(72) **Ambulanzeingangstüre abschließen** (falls keiner mehr da ist) !!!

(73)  hoch in den **ersten Stock**

(74) „Staring-VL“-Programm schließen

(75) Rechner runterfahren

Versuchspersonen

für

Viele Menschen glauben, spüren zu können, wenn sie aus der Ferne oder „hinter ihrem Rücken“ angeschaut werden. Eigentlich kann das gar nicht sein.

Oder doch?

Bereits seit über 100 Jahren gibt es genau dazu Experimente, die immer wieder Hinweise darauf liefern, dass außersinnliche Kommunikation zwischen (zwei) Menschen durchaus möglich sein kann.

Wie - bzw. zunächst mal ob überhaupt - dies tatsächlich nachweisbar funktioniert und welches vielleicht entscheidende Bedingungen sein könnten, ist nach wie vor ungeklärt.

Auch wir hier in der Sektion komplementärmedizinische Evaluationsforschung möchten diese Frage genauer untersuchen, da sie natürlich wichtige Implikationen für unser gesamtes Forschungsgebiet, welches sich bis zur Fernheilung erstreckt, bieten kann. Daher werden wir am Universitätsklinikum Freiburg eine entsprechende Versuchsserie durchführen, für die wir noch TeilnehmerInnen suchen (Zeitraum Februar / März 2006).

Wenn Sie Interesse an einem - wirklich netten - Experiment zur außergewöhnlichen Kommunikation haben und nähere Informationen möchten, freuen wir uns, wenn Sie sich unter unserer umseitig aufgeführten Kontaktadresse mit uns in Verbindung setzen.

parapsychologisches Experiment gesucht

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e-mail:
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The sense of being stared at

Versuchspersonen

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