



Marcus Institute
for Aging Research

Hebrew SeniorLife



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AFFILIATE

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Home-based tES video quiz:

Section 1 Shipped equipment

In the case the head cap does not fit properly, you should:

- A. Stretch the head cap until it fits.
- B. Use the headcap even if it is uncomfortable and tight.
- C. Contact the study coordinator.
- D. All of the above

Correct answer: C

What should you do in case items in the box arrived damaged or missing?

- A. Immediately contact the study coordinator.
- B. Try to fix the damage yourself.
- C. Continue the set up without the missing items.
- D. All of the above.

Correct answer: A

To minimize the risk of breakage of the stimulation device, you should:

- A. Avoid an accidental dropping.
- B. Not place liquids close to the stimulation device.
- C. Store the device in a safe place.
- D. All of the above.

Correct answer: D

To minimize breakage of the stimulation device, it is prudent to:

- A. Avoid unnecessary twisting of the wires.
- B. Not place any liquids in close proximity.
- C. Be gentle when plugging the electric cable into the stimulation device.
- D. All of the above.

Correct answer: D

How often should you charge the device and tablet?

- A. Each week.
- B. Each other day.
- C. Every day after the stimulation session.
- D. Every month.

Correct answer: C

Section 2 tES session set up

Placing the cap on the head, it is essential to make sure that:

- A. The cap is well aligned.
- B. The cap adheres well to the scalp.
- C. The cap fits well and comfortably.
- D. All of the above.

Correct answer: D

Adding the gel in the bottom parts of the electrodes, it is advisable to:

- A. First, move the hair away using a Q-tip or the tip of the curved syringe to expose the scalp.
- B. Press the syringe to add enough gel.
- C. All of the above.

Correct answer: C

When you twist the top and bottom part of the electrodes, it is advisable to:

- A. Make sure that the top parts of electrodes are twisted flat on the cap.
- B. Move the hair away and expose the scalp.
- C. To put gel in the curved syringe.
- D. All of the above.

Correct answer: A

When you connect the electrode cable to the stimulation device, it is essential to:

- A. Make sure that the velcro on the stimulation device and the velcro on the cable are facing the same side.
- B. Not force the connector.
- C. To put gel in the curved syringe.
- D. A and B.

Correct answer: D

When you connect the ear-clip it is essential to:

- A. Add a drop of gel between the connector pads.
- B. Connect the two cables with grey tops to the ear-clip.
- C. Secure the ear-clip on the patient's right ear lobe.
- D. Make sure that the ear-clip does not slide from the earlobe.
- E. All of the above.

Correct answer: E

Section 3 Tablet

To connect the Tablet to the WiFi, you should:

- A. Insert the Dongle to the USB port located on the short side of the tablet.
- B. Make sure that the LED on the USB Dongle blinks green.
- C. Check the WiFi connection at the lower right bottom of the screen.
- D. Tap on the WiFi icon, find your home WiFi network on the list, and enter the password when prompted.
- E. All of the above.

Correct answer: E

What should you do if you are struggling with launching the home app?

- A. Take out the Wi-fi Dongle and plug it back in.
- B. Charge the tablet.
- C. Try to tap twice instead of once on the home app icon, and make sure your finger is hitting the right part of the screen.
- D. Try to connect to a different Wi-fi network.
- E. All of the above.

Correct answer: C

How should you approach answering the questions in the pre- and post-stimulation questionnaires?

- A. With nonchalance, nothing will be done with the answers anyway.
- B. As truthfully and accurately as you can, these answers will be used to make sure the stimulation is not having any negative effects on our wellbeing.
- C. With nonchalance, I need to answer these questions everyday which means I just want to get it over with as fast as possible.

Correct answer: B

Section 4 tES session trouble shooting

What should you do if you do not pass the connectivity check?

- A. Make sure the electrode cable is well connected to the device.
- B. Make sure there is gel on the connector pads inside the ear-clip.
- C. Make sure the ear-clip does not slide off the participant's earlobe.
- D. Add more gel to the highlighted electrodes.
- E. Make sure the cables are clipped correctly by matching the colors to the colored buttons.
- F. Use tape to tape down electrodes if there is an air gap.
- G. All of above

Correct answer: G

What should you do if the connectivity check fails after multiple attempts?

- A. Panic.
- B. Close the home app.
- C. Call study team for help.

Correct answer: C

Will you be able to reload the session if it aborts itself due to a setup problem?

- A. Yes
- B. No

Correct answer: A

Section 5 Cleaning

What should you do before you take off the headcap?

- A. Unclip the electrodes.
- B. Disconnect the electrode cable from the stimulation device.
- C. Take the stimulation device and the electrode cable off the headcap.
- D. All the above.

Correct answer: D

What should you do to clean off the gel from the electrodes, earclip, and syringe?

- A. Soak them in hot water.
- B. Let them dry without rinsing them, the electrode gel will dry off on its own.
- C. Rinse them with warm running water, you can fill the syringe and use it to get the gel out of the tougher parts of the electrodes.
- D. All the above.

Correct answer: C

Where should you store the electrodes, earclip, and syringe once they are cleaned and dry?

- A. Anywhere.
- B. In the NeuroElectrics box, this way the equipment is always in the same location.
- C. In the bathroom, that is a good place for the equipment to dry, so you can just leave it there.

Correct answer: B

How many components does the tablet charger include?

- A. Two, the connector and the main charging system.
- B. One, just the main charging system.

Correct answer: A

Section 6 tES safety

What do you do if you have no or mild neck pain?

- A. Turn off the device.
- B. Stop the session and wait to be contacted by the study team member.
- C. Continue the stimulation.
- D. Contact your general health care provider or report to the Emergency department for evaluations.
- E. All the above.

Correct answer: C

What do you do if you are having severe Headaches?

- A. Turn off the device.
- B. Stop the session and wait to be contacted by study staff.
- C. Continue with the stimulation.
- D. Contact your general health care provider or report to the Emergency department for evaluations.
- E. All the above.

Correct answer: B

What do you do if you are having Severe Scalp Pain?

- A. Turn off the device.
- B. Stop the session and wait to be contacted by study staff.
- C. Continue with the stimulation.
- D. Contact your general health care provider or report to the Emergency department for evaluations.
- E. All the above.

Correct answer: B

What do you do if you have severe Skin Redness?

- A. Turn off the device.
- B. Stop the session and wait to be contacted by study staff.
- C. Continue the stimulation.
- D. Contact your general health care provider or report to the Emergency department for evaluations.
- E. All the above.

Correct answer: B