

The Effect of Cultural Differences in Psychophysiological Stress Response in High Education Context: A Pilot Study

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Abstract

The simulation scenarios are increasingly being used to assess professional competences in health sciences at university level. The objective of this study was to explore the effect of differences in the stress psychophysiological response of Psychology degree students from Spain and Colombia undergoing to clinical practice. Multiple psychophysiological measures were obtained in a sample of 25 Colombian and Spanish Psychology students undergoing to simulation scenario. Differences in the initial level of stress and habituation process as reported by self-reported and psychophysiological measurements as discussed. Differences in stress-related psychological traits are also analyzed and further discussed.

Keywords:

Autonomic modulation, HRV, Stress response, University students, Cultural differences