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SPIT CAMP I

University of California, Irvine

Sample Schedule

DAY 1: Salivary Bioscience Lecture and Pre-Analytical Lab Practicum

8:30 am–2:15 pm - Salivary Bioscience Lecture with Doug Granger:

- Welcome and Introductions
 - Overview of Agenda and Activities
 - Theoretical Assumptions and Models
- Oral Fluids as Biological Specimens
 - Analytes of Interest in Oral Fluid
- Saliva Collection, Handling, and Storage
- Research Design and Sampling Schemes

12:00 pm–12:45 pm – Lunch Break

12:45 pm–2:15 pm - Salivary Bioscience Lecture with Doug Granger:

- Basics of Salivary Assays
- Salivary Analyte Data Issues

Break

2:30 pm–4:30 pm - Salivary Bioscience Pre-Analytical Lab Practicum:

- Introduction to Laboratory equipment and Safety Training
- Introduction to the fundamentals of pipetting
- Volume Recovery Demonstration

Break

- Specimen Collection
- Pipetting Practice Session
- Sample Prep and Overnight Storage

Break

Before Bed - Salivary Assay Review Homework and First Saliva Sample Collection (SOS/Bedtime)



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DAY 2: Salivary Bioscience Analytical Lab Practicum and Data Discussion

Upon Waking - Second Saliva Sample collection (SOS/wake)

30 Min After Waking - Third Saliva Sample collection (SOS/+ 30)

8:30 am – Meet and Greet

8:45 am–11:30 am - Analytical Lab:

- Sample Preparation
- Cortisol Assay Training part 1

Break

Cortisol Assay Training part 2

11:30 am-12:30 pm: Lunch Break and Discussion with Doug Granger:

- Lunch
- Open Discussion

12:30 pm-2:15 pm - Analytical Lab:

- Alpha Amylase Assay Training

Break

2:30 pm-5:00 pm – Discussion with Doug Granger and Lab Team:

- Cortisol Data Discussion
- Alpha Amylase Data Discussion
- Conclusion
- Q&A

5:00–5:15 pm – Farewells with Doug Granger and Lab Team