1) "Power posing: Brief nonverbal displays affect neuroendocrine levels and risk tolerance."

2) Carney, D. R., Cuddy, A. J., & Yap, A. J. (2010). Power posing: Brief nonverbal displays affect neuroendocrine levels and risk tolerance. Psychological science, 21(10), 1363-1368.

3) "Not-disclosed"

4) One treatment group, 21 subjects, treatment: either one of two "high-power poses" where the participant held the pose for 1 minute

5) One control group, 21 subjects, control: either one of two "low-power poses" where the participant held the pose for 1 minute

6) Yes

7) Single-blind

8) Yes, but only for physical indicators of testosterone and cortisol and not for behavioral indicators (like level of riskiness)

9) Post test measured physical indicators (saliva test to measure testosterone and cortisol) as well as behavioral indicators such as riskiness and power. Riskiness was measured via a game wherein subjects were endowed with $2 and told they could keep the money—the safe bet—or roll a die and risk losing the $2 for a payoff of $4 (a risky but rational bet; odds of winning were 50/50). Power was measured via a questionnaire that asked how “powerful” and “in charge” they felt on a scale from 1 (not at all) to 4 (a lot).

10) Posing in high-power stances elevates testosterone, decreases cortisol, and increases feelings of power and tolerance for risk. The opposite pattern is true for low-power posers.