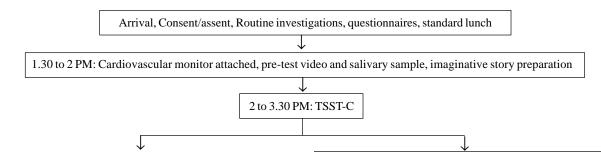
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## Public speaking: 5 minutes

The lead judge asks the child to tell an exciting imaginative story based on a given lead

Scenario 1: The child starts the story and speaks fluently for 3 minutes.

Action: the lead judge interrupts and asks difficult questions.

Scenario 2: The child starts the story, but stops and remains speechless after sometime, or remains speechless from the beginning.

Action: the lead judge prompts the child to continue after every 20s of silence, reminding about the remaining time; gives leads/ hints if the child continues to remain silent.

Scenario 3: The child remains speechless even after repeated prompts.

Action: the lead judge encourages the child to tell any story that he/she knows.

## Mental arithmetic: 5 minutes

The second judge asks the child to serially subtract number '3' from '501' as fast and accurately as possible

Scenario 1: The child starts correctly, but makes a mistake after one or more right answers.

Action: the second judge asks the child to start again from the beginning: this procedure continues for 5 minutes.

Scenario 2: The child does not give any correct answers with '3' even after repeated trials, or makes mistakes repeatedly after one or two correct answers.

Action: the second judge decreases the difficulty of the task to subtracting '2', '1' and number counting; this procedure continues for 5 minutes.

Scenario 3: The child subtracts fluently without any wrong answers with '3'.

Action: the second judge increases the difficulty of the task to subtracting '7', '11', '13' etc from a given number; this procedure continues for 5 minutes.

## Post TSST-C

- 1. The first post-test salivary sample collected
- 2. The judges congratulate the children and present them with certificates
- 3. The child stands in the test room for 10 minutes, at the end of this the cardio-vascular monitor will be detached
- 4. Post-test salivary samples collected at 10, 20, and 30 minutes after the completion of the TSST-C
- $5. \ \ Calming\ video\ for\ 5\ minutes\ 60\ minutes\ after\ the\ TSST-C$
- 6. Final salivary sample collected

**Web Fig. 1** *Summary of the protocol followed for TSST-C in the study.*