

As test anxiety and academic stress becomes more prevalent in students across the U.S students everyday are finding themselves overwhelmed when it comes to academics (Kuhmari,et al.,2014). Therefore, our research is to determine the effectiveness of sensory interventions for decreasing test anxiety in college and health professions. We also want to determine how these interventions are useful in a sensory room on a college campus. Sensory rooms are beneficial for students who have academic stress or test anxiety as it creates a calming environment for students to cope and participate in mindfulness-based interventions that would reduce academic stress (Chiodelli, et al., 2022). The purpose of our research is to find effective interventions to create a sensory room that would be beneficial for students who have academic stress or test anxiety. Therefore, we reviewed multiple articles that utilized assessments and interventions that are effective for reducing test anxiety. Based on our findings, it is shown that sensory rooms are used as methods for regulation, anxiety, and stress management (Rizzolo, et al., 2009). Most of our findings show supporting evidence on the effectiveness of a variety of sensory interventions for anxiety (Jones, et al., 2021). Our research aligns with the occupational therapy discipline because it relies on evidence that can be used to support sensory-based interventions used in occupational therapy. Sensory deficits, dysregulation, anxiety, and stress management are a few of the many obstacles that occupational therapy can focus on with their clientele. Using the findings provided from occupational therapy journals, we could build on how a sensory room can be beneficial to persons that experience anxiety, stress, sensory deficits and/or dysregulation within higher education.