**Prep-Guide 1**

Based on Heath, Chapter 1

**NAME:**

**IMPORTANT:** Deposit a Microsoft WORD document on Moodle in the space provided. We cannot read or accept ANYTHING else, not .pages, not pdfs, nothing else.

**Directions:** Please type your answers below each question. PLEASE leave the question in the document, spacing as needed. *Use your own words*. Recall, we are not as interested in “the correct answer” as we are in clear evidence of the *effort and thoughtfulness* of your attempt. You may be brief, yet still thorough. Try your best.

1. Suppose you wanted to study the following research questions. Which general class of design would be best suited (e.g., descriptive (e.g., correlational, observational), quasi-experimental, experimental, etc.) and why?

A. Are people who smoke considered less attractive than non-smokers?

B. Do orderly (neat, organized) environments lead to choosing healthier foods to eat?

C. Is having more frequent “deep talk” (meaningful conversations) linked to happiness in couples?

2.What is a theory? How is the word used in a scientific sense that is quite different from how some people in the public use the term? What is a hypothesis?

3. You are a health psychologist working with a team of OB physicians at a hospital. You are there to help them devise a way to reduce pain perception among birth mothers. You predict that providing expectant mothers with information about labor and delivery will reduce their self-reported pain after they deliver their babies. Devise a study to address this issue by using information from chapter 1 and your background knowledge. Identify the design type you would employ, all the variables, and be explicit about what you will control and how so.

4. The following is a headline from a news report. “Lay off the fashion magazines around young girls: Body image declines with Barbie exposure.” Below is a description of the research from the article.

In a study, girls (5 ½ - 6 ½ years old) were read a story about “Mira” as she went shopping for clothes and prepared to go to a birthday party. As they heard the story, girls looked at picture books related to the story in one of three randomly assigned conditions. Each story lasted 8 minutes. Some girls looked at pictures of Barbie shopping and getting ready for the party; other girls looked at pictures of Emme, a fashion doll with more realistic body proportions also shopping and getting ready for the party, and another group saw neutral images (e.g., balloons, windows of shops) related to the story. As hypothesized, those exposed to Barbie were less satisfied with their bodies (by analyzing data from a standard age-appropriate measure of body satisfaction) than those exposed to Emme or the neutral images.

a. What do you think the research is attempting to claim here? (Your best guess is perfectly good).

b. What kind of research design was used?

c. What were the variables in this study?

d. What were some of the variables the researchers seemed to have controlled?