

# Research and answer questions

Psychology



The of the is Dean Cruess. 2. The division within the Psychology department is that of health.

3. Professor's research interests include; examination of associations between psychosocial factors (such as anxiety, stress, sleep, depression, personality characteristics) and physical health status together with the underlying physiological mechanisms interrelated with these relationships. He has done research with several medical patient populations, including persons with cancer and HIV. At present he is examining the role played by psychosocial factors on the adoption of preventive health behaviors, physical health and medication regimens.

4. The title of the article co-authored by this professor is called; Effects of partial sleep deprivation on food consumption and food choice.

5. This article was published in 9th Feb 2004.

6. This article was published in a journal called Psychology and health.

7. The independent variable in this study was time(days)

8. The dependent variable in this study was food.

9. The professor's article was all about studying the effects of self-induced partial sleep deprivation amongst an undergraduate sample. The results indicated significant differences in food consumption and food choice following partial sleep deprivation as compared to nights of normal sleep. As was expected, there was change in food consumption as measured by calories taken, following a night of partial sleep deprivation.

#### Work Cited

Tony T Wells, Dean G Cruess. " Effects of Partialsleep deprivation on food consumption and food choice in humans." Psychology and Health (2006): 79-86.

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