

# Written 6

Psychology



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Assignment 6 Part A: Analysis of Research Studies What is the design of this study? The design of the study was exclusively an experimental research design. Experimental research designs involves the use of scientifically proven sequence to find out the existence or otherwise of a hypothesis being tested for. The Experiment Resources (2008) therefore explain that experimental research “ is a collection of research designs which use manipulation and controlled testing to understand causal processes.” In the given research therefore, it is seen that the researcher tested for proof of the impact of meals on weight again by practically involving respondents to take specific meals. Experiments, when used as research designs give more room for authenticating results, especially if the experiments are not conducted just once but over a number of times.

2. Was there a correlation between the interventions and the results?

Indeed, the research showed a lot of correlation between the interventions that were put in place and the results that were manifested. It is not surprising therefore that the researcher remarked that “ as expected, among the behavioral variables at program entry, there was significant positive correlation among restrained, emotional and external eating” (Steinhardt and Bezner, 1999, pg. 7). It would be noted that given experiment based researches such as the one under study, researchers are always mindful about finding authenticating proofs to their hypothesis. Because of this, they always base their interventions on approaches that are related to the experiment such that the results must be a reflection of interventions used. In the case of this study, it is seen that the researcher buffered the experiment, which was external eating with variables such as emotional reactions. This way, any results were likely to fall within the scope of one of <https://assignbuster.com/written-6/>

the interventions.

### 3. Was this a longitudinal study?

Longitudinal studies look into the existence of given situations and concepts over a long period of time. There has often been the confusion of thinking that longitudinal researches concern the conduct of research over long periods of time but that is erroneous. Longitudinal studies are actually judged by virtue of how long the situation has existed. Looking at the concept of weight gain and eating habit: and considering the fact that the researchers made use of the emotional attitude of respondents over a certain period of time in their lives, it can clearly be seen that this research is a longitudinal study.

### 4. The authors make reference to this study being “ quasi-experimental.”

Why?

The judgment of a study being a quasi-experimental research study is based on one fundamental principle and that is whether or randomized method of data collection was used. In this direction, Trochim (2006) argues that “ A quasi-experimental design is one that looks a bit like an experimental design but lacks the key ingredient -- random assignment.” It would be seen that in the selection process used by the researchers, not much focus was given to the centralization of the selection process as a random selection process. Rather, opportunity was given to employees to participate through written announcements (pg. 3). It is for the exclusion of the randomized nature of the experiment that the researchers referred to it as a quasi-experiment.

### Part B: Finalize Planning

The finalized plan for my personally proposed research shall be based on experimentation. This choice is made amidst the several benefits that come

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with the use of experiments in researches of this nature. It would be recalled that the fundamental aim of that research is to identify the possibility of identifying a piece of product through taste. The act of tasting is in itself highly practical and has a lot of testing strings attached that makes it suitable for conducting very simple experiments. It is for this reason that experiment research design shall be selected. Through the experiment, the hypothesis can better be proven and results can be judged as more empirical and valid.

#### REFERENCE LIST

Experiment Resources (2008). Experimental Research. Retrieved April 5, 2012 from <http://www.experiment-resources.com/experimental-research.html>

Steinhardt M. A. and Bezner J R. (1999) Outcomes of a Traditional Weight Control Program and a Nondiet Alternative: A One-Year Comparison. *Journal of Psychology* 133, 495-513.

Trochim W. M. K (2006). Quasi-Experimental Design. Retrieved April 5, 2012 from <http://www.socialresearchmethods.net/kb/quasiexp.php>