

Research Methods

Remember Bingo - asking good questions

What before Why, (Descriptive before Explain)

Parts, not whole

Not comparisons

What is before what should be

Your research question is different than the questions you ask your subjects:

Ask people with a disorder about how they handle a situation

Ask people without a disorder about how they handle a situation

The researcher compare results.

Operational Definition and Concept - 2 parts of a variable

What are variables?

Any psychological “thing” that varies across people, time, or situation

Examples: gender, age, height,

Level of test anxiety

Amount of effort put into studying

Ability to remember

What is not a variable:

One part of the scale - men are not a variable,
the person with OCD is not a variable

The group of people is not a variable

We often think about hypotheses as variables. They usually have 2 variables

This variable affects that variable.

It helps at first to say it the long way:

Age, which varies from 0 to ... around 130 or so

Gender, which varies from male to female

Level of deadline anxiety, which varies from

- 6 All of those for every deadline
(rush of adrenaline, a pounding heart, shallow breathing as if about to choke, and or an inability to focus on what you need to accomplish?)
- 5 Most of them for just about every deadline
- 4 Some of them, for every deadline
- 3 Only for big deadlines
- 2 Maybe once or twice, but rarely
- 1 They call me the Ice Man

Mapping a concept -

1. Describe

2. Examples

3. Start with ends

4. Try it out

Example of a scale for ONE PART of creativity:

Obviousness

Descrip- tion	Totally Obvious	“S” is part of one object that is main part of picture	“Oh”	Line is part of object, but object is not main piece OR line is one part of object		Even seeing the picture, I couldn’t imagine coming up with that idea starting with the line...	Line fits in well with picture, but is not main part. Picture has ideas and message unrelated to line part
	1	2	3	4	5	6	7
Examples for “S”	Number eight	Flag	As part of wave (ocean scene)	Back of a dinosaur (who had bow on head)	Person holding hose sprinkling,		Part of hood of VW bug

A different scale for another part:

Mixed different things together (e.g. human eye, fish body)

LEAST CREATIVE

didn’t mix things

yes, but it was a mistake that doesn’t make it more creative
(e.g. human eye, fish body)

yes, it was probably a mistake, but it works
(e.g. terry cloth dog’s hair)

Yes, intentional, and it works

MOST CREATIVE

About your reaction:

4. Reminds you of something specific

I see it every day

Reminds me of something very specific
(e.g. dinosaur → Flintstones)

Kind of looks like something, but can’t immediately place it

No

Interview outline - Procrastination Example

(an example of a structured interview)

Set up

Describe the last few deadlines you have had.

Prod: How important was it to you?

Prod: How important was it to others?

Prod: How many other things were going on in your life?

(for researcher: have an idea of main types of things)

Prod: *(if none were big)* What's the biggest deadline in the last couple of years?

Dimension 1. *(Thinking about big priorities helps ...to...)*

Thinking about big priorities interferes)

For those deadlines, at what times during the project have you thought about whether the project was worth doing, or how the **whole** project fit into your life? *(note: whole project, not different actions)*

Prod: Sounds like you made a change in your priorities during the project, tell me about that...

Prod: *(ask about a specific early step)*, did you decide **that step** was worth doing? How many times?

Prod: ???

Dimension 2. *(Fear and Overwhelm ...to...)*

Confidence and willingness to start)

Thinking about the last few deadlines you have had, have you ever felt overwhelmed?

Prod *(in response to "What's overwhelmed?" Or "I don't feel overwhelmed")*:

Prod: *(if person only talks about difficulty)* Were there times in the project you moved from step to step quickly and confidently?

Dimension 3. Etc.

Let's say you think that procrastination affects anxiety

Anxiety Dimension 1. **(anxiety ...to...?excitement, calm?)**

Prods

Anxiety Dimension 2.

Prods

Last question:

Anything about the experience of completing a project, or the effect it creates, that I haven't asked about?

Behavior observation Checklist

ADHD: Focus on one symptom: Fidgeting

Twirl your pen in the last two days.		
Read for ½ hour and stayed focused in last week.		
Did Yoga or meditation or prayer w/o falling sleep.		
Knee bounce, foot flat – 1 step, whole leg bounce – 2 steps.		

Variation:

When I'm focused on improving myself...

When I'm just hanging...

Helping Behavior / Bystander:

Variable: From Helping to Nothing to Make situation worse

Observation chart:

Did they:

DID THEY NOTICE?		
OBVIOUS		
Look at (person who spilled books)		
Make eye contact		
Make comment to someone		
SUBTLE		
Look in purse		
Walk quicker		
Notice clouds...		
Wide circle		

DID THEY THINK IT WAS AN EMERGENCY?		
Make a movement in direction		
Look around to see other people		
Ask a question to gain info		
Get physically close (perhaps to see if more help needed)		

DID THEY OFFER HELP?		
Politely say no thanks		
Verbally offer help		
Talk to other bystanders.		
Physically offer help		
Make fun		
Tell others not to help		
Get in the way		