

## Activity Sheet—QM 1: Lab Class 1

### Issues to Consider in Designing a Study

#### Part A

Question 1: Describe one important question about human behaviour or mental processes.

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Question 2: Try to define the important concepts into behaviours or conditions that can be observed to answer this question.

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Question 3: What answer do you anticipate for your question?

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#### Part B

Please read the paragraph below and answer the following questions. Briefly jot down your thoughts to each of these questions.

*A group of psychological researchers is examining the relationship (if any) between physical activity and depression. They have developed a theory that people who are physically active are less likely to be depressed. They examine this theory using a sample of university students. They have available the Beck Depression Inventory, a psychological scale that measures levels of depression, and the university gymnasium has agreed to participate in the research by making its facilities available.*

Question 1. What is the research question?

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Question 2. What is the hypothesis?

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Question 3. Briefly, design a study to investigate the hypothesis

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Question 4. Supposing you found in favour of the hypothesis, could you conclude that exercise helps prevent depression?

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Question 5. Can your conclusion be generalised to non-students? Support your answer.

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