**Lab Report 6**

Aayushi Mehta AU2020057

**Introduction**

The propensity for people to favor smaller, sooner benefits over bigger, later ones is known as delay discounting. It is used to study individual differences in impulsivity. Instead than being viewed as a permanent feature, delay discounting has to be seen as a behavioural tendency that is susceptible to contextual modification. Let’s see how different studies have shown how there can be induvial differences in this. To ascertain the impact of acute stress on the rate of delay discounting, an experiment was conducted in one of the studies. Half of the people experienced considerable tension when they realised they were going to be captured on video. This conflict either had a present or future emphasis (by discussing possible jobs) (speech about physical appearance). Following that, participants took part in a delay discounting test where they had to choose between bigger, later incentives and smaller, sooner rewards. The findings of their Perceived Stress Scale were also totalled.

**Method**

The participant is situated in front of the monitor at eye sight level, and their sight is directed to a fixation point (i.e., a cross) in the center of the monitor display. The fixation is followed by the appearance of the option to choose between the monetary rewards to get today or some other day. The subject's job is to find if the reward is worth getting today or at some other day and press the keyboard key that corresponds to it i.e., if the reward is worth getting today the participant has to press “t” and if not then “l” . This data is then stored in excel format and then we have to find the value of “k”.

**Results**

| Geomean |
| --- |
| 0.5651941653 |
| Manual |
| 0.5651941653 |

**Discussion**

People often compromise between immediate and long-term rewards or costs while making decisions. Individuals may decide to wait for a greater delayed benefit depending on a variety of reasons, whereas in other circumstances they may prefer the smaller instant gain. In addition to within-subject variation in the short-term versus long-term reward trade-off, there are also interindividual differences in delay discounting (DD), which have been shown to be quite stable. The extent to which individuals discount the value of delayed rewards turns out to be associated with important health and disorder-related outcomes: the more discounting, the more unhealthy or problematic choices.

A measure of individual differences in delay, probability, effort, and social discounting that are all connected to behavioral impulsivity is called Delay discounting. It is good for understanding individual differences. Delay discounting is a behavioral measure of impulsive decision-making that is frequently utilized. According to several studies, individual discrepancies in discounting are domain-specific. This is known as domain independence, and it states that people who discount one sort of delayed reward more severely than others do not always discount other types of delayed reward more severely. For instance, it has been noted that there is no correlation between the rates of discounting financial and health rewards.

<https://github.com/Aayushi0103/dealy-discounting>