

Predictors of coping with health-behavior-related expectation violations among university students

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Study Information

Hypotheses

H1: Individuals experiencing a positive valence of expectation violation will react with higher accommodation to expectation-disconfirming information compared to individuals experiencing negative valence of expectation violation.

H2: Individuals experiencing a negative valence of expectation violation will react to expectation-disconfirming information with higher immunization compared to individuals experiencing positive valence of expectation violation.

H3: Individuals experiencing larger discrepancy will react with higher accommodation to expectation-disconfirming information compared to individuals experiencing smaller discrepancy.

H4: Individuals experiencing smaller discrepancy will react with higher immunization to expectation-disconfirming information compared to individuals experiencing larger discrepancy.

H5: If individuals have control over the source of expectation disconfirmation they will react with higher assimilation to expectation-disconfirming information than individuals who do not have control over the source of expectation disconfirmation.

H6: If individuals do not have control over the source of expectation disconfirmation they will react with higher accommodation to expectation-disconfirming information than individuals who have control over the source of expectation disconfirmation.

Design Plan

Study type

Experiment - A researcher randomly assigns treatments to study subjects, this includes field or lab experiments. This is also known as an intervention experiment and includes randomized controlled trials.

Blinding

No blinding is involved in this study.

Is there any additional blinding in this study?

No response

Study design

2 (valence of expectation-violating event: positive or negative) x 2 (discrepancy magnitude of expectation-violating event: larger or smaller) x 2 (controllability of expectation-violating event: control or no control) between-subjects design

No files selected

Randomization

No response

Sampling Plan

Existing Data

Registration prior to creation of data

Explanation of existing data

No response

Data collection procedures

Participants will be recruited via e-mails with a link directing them to the online questionnaire. Participants must be at least 18 years old and will complete the questionnaire after reading study-related information and granting consent. All responses will be anonymous. University credit points or participation in a raffle of four 25 EUR Amazon gift cards will be offered as compensation.

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Sample size

Based on the power analysis, we aim to collect data from a minimum of N = 111 participants.

Sample size rationale

We used the software program G*Power to conduct an a priori power analysis. Our goal was to obtain .95 power to detect a medium effect size of .25 at the standard .05 alpha error probability.

Stopping rule

No response

Variables

Manipulated variables

We will manipulate variables referring to characteristics of the expectation disconfirming event. Each variable has two levels:

- Valence of expectation-violating event: positive versus negative
- Discrepancy magnitude of expectation-violating event: high versus low
- Controllability of expectation-violating event: high versus low

No files selected

Measured variables

The outcome variable will be coping with expectation violation (i.e., accommodation, assimilation, and immunization). We will assess this through a self-developed questionnaire with stories in which situations related to the violation of food consumption- and physical activity- related expectations will be presented. Participants will be asked to choose how they would react to said expectation violation from the three response options each of will represent a coping strategy. They will then rate the likelihood of reacting in accordance with their response (on a scale of 1 "very likely" to 5 "not likely at all").

No files selected

Indices

No response

No files selected

Analysis Plan

Statistical models

H1: Individuals experiencing a positive valence of expectation violation will react with higher accommodation to expectation-disconfirming information compared to individuals experiencing negative valence of expectation violation.

- T-test for dependent samples that compares levels of accommodation in response to better- versus worse-than-expected events (one-tailed, $\alpha = .05$)
- Effect size Cohen's d

H2: Individuals experiencing a negative valence of expectation violation will react to expectation-disconfirming information with higher immunization compared to individuals experiencing positive valence of expectation violation.

- T-test for dependent samples that compares levels of immunization in response to better- versus worse-than-expected events (one-tailed, $\alpha = .05$)
- Effect size Cohen's d

H3: Individuals experiencing larger discrepancy will react with higher accommodation to expectation-disconfirming information compared to individuals experiencing smaller discrepancy.

- T-test for dependent samples that compares levels of accommodation in response to a larger versus a smaller degree of expectation violations (one-tailed, $\alpha = .05$)
- Effect size Cohen's d

H4: Individuals experiencing smaller discrepancy will react with higher immunization to expectation-disconfirming information compared to individuals experiencing larger discrepancy.

- T-test for dependent samples that compares levels of immunization in response to a larger versus expectation violations (one-tailed, $\alpha = .05$)
- Effect size Cohen's d

H5: If individuals have control over the source of expectation disconfirmation they will react with higher assimilation to expectation-disconfirming information than individuals who do not have control over the source of expectation disconfirmation.

- T-test for dependent samples that compares levels of assimilation in response to higher versus lower control over the expectation-violating event (one-tailed, $\alpha = .05$)
- Effect size Cohen's d

H6: If individuals do not have control over the source of expectation disconfirmation they will react with higher accommodation to expectation-disconfirming information than individuals who have control over the source of expectation disconfirmation.

- T-test for dependent samples that compares levels of accommodation in response to higher versus lower control over the expectation-violating event (one-tailed, $\alpha = .05$)
- Effect size Cohen's d

In addition:

- Manipulation Check concerning the three predictors (i.e., valence, discrepancy, controllability): Did individuals perceive the variation in the valence, size, and controllability of expectation violations in the vignettes (measured after the assessment of all coping responses; self-developed questions)

No files selected

Transformations

No response

Inference criteria

We will use the standard $p < .05$ criteria for determining if analyses suggest that the results are significantly different from those expected if the null hypothesis were correct. An Alpha level of 5% will be implemented to identify significant results.

Data exclusion

Participants will be excluded if they are younger than 18 years of age, if they do not provide informed consent, and if they have a high percentage of missing data. Outliers will be defined as values that are unusually large or small compared to the other values of the same construct and will be identified through histograms, box-whisker-plots, and scatter plots. Extreme values will be handled via least absolute deviations. If the value remains extreme, the participant's data will be excluded from the study.

Missing data

If a participant does not complete any one of the measures assessing coping with expectation violations, that subject will not be included in the analysis.

Exploratory analysis

We will explore whether the reported levels of assimilation, accommodation, and immunization correlate with the perceived familiarity of the situations described in the vignettes, the perceived importance of consumption of healthy food and physical activity, and the reported frequency of respondent's own healthy food consumption and physical activity, and the reported dispositional use of coping with expectation violations.

Other

Other

No response

Contributors

Chrys Gesualdo and Martin Pinquart

Description

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Registration type

OSF Preregistration

Date registered

November 26, 2021

Date created

November 26, 2021

Associated project

[osf.io/2kyt9](#)

Internet Archive link

[https://archive.org/details/osf-registrations-z9yq3-v1](#)

Category

Project

Registration DOI

[https://doi.org/10.17605/OSF.IO/Z9YQ3](#)

Subjects

Psychology

Social and Behavioral Sciences

Developmental Psychology

Health Psychology

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Tags

expectation violation

health behavior

university students

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