

Previous Operationalization 15 points

Instructions: For each of your variables (independent and dependent) list ways in which previous researchers have operationally defined the variable. This assignment should be in list rather than essay form and should include references properly formatted in APA style.

- State your research question
- List your **independent variable** and describe *at least two ways* it has been operationally defined in the past, using as much detail as possible to describe how previous researchers have collected this data.
- List your **dependent variable** and describe *at least two ways* it has been operationally defined in the past.
- List references for the different methods of measurement you describe.
- You should list the reference for the article you read, which uses the measure
- You should also list the reference that those researchers cite in their reference section

When you describe the operational definition, give as much detail as you can, with examples of sample items and response options when appropriate.

Formatting: Type this assignment: 12 point, Times New Roman font. Include your name and section number. Use APA formatting for references.

Submission and Due time: Submit your work to CatCourses by **11:59 PM** on **Wednesday, March 3, 2021.**

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Section 01

Previous Operationalization (Example assignment)

Research question:

Can taking nature walks improve sleep quality?

IV = treatment group (those who walk in nature vs. control)

- 1.) Operational definition of IV: a walk in a natural setting (park) or a walk in an urban setting (downtown).

- Source

Berman, M. G., Jonides, J., & Kaplan, S. (2008). The cognitive benefits of interacting with nature. *Psychological Science*, 19(12), 1207-1212. <https://doi.org/10.1111/j.1467-9280.2008.02225.x>

- Original article on method:

Novel method – unique to this article

- 2.) Operational definition of IV: 15 mins of walking or relaxation exercises or usual break activities (control group)

- Source

De Bloom, J., Sianoja, M., Korpela, K., Tuomisto, M., Lilja, A., Geurts, S., & Kinnunen, U. (2017). Effects of park walks and relaxation exercises during lunch breaks on recovery from job stress: Two randomized controlled trials. *Journal of Environmental Psychology*, 51, 14-30. <https://doi.org/10.1016/j.jenvp.2017.03.006>

- Original article on method:

Novel method – unique to this article

DV = sleep quality

1. Operational definition of DV: Overall score on Pittsburg Sleep Quality Index (PSQI; higher score indicates lower quality; 7 equally-weighted component scores: Subjective Sleep Quality, Sleep Latency, Sleep Duration, Habitual Sleep Efficiency, Sleep Disturbances, Use of Sleeping Medication, Daytime Dysfunction; self-report + partner report.)

- Source article:

Smith, M. T., & Wegener, S. T. (2003). Measures of sleep: The Insomnia Severity Index, Medical Outcomes Study (MOS) Sleep Scale, Pittsburgh Sleep Diary

(PSD), and Pittsburgh Sleep Quality Index (PSQI). *Arthritis Care & Research: Official Journal of the American College of Rheumatology*, 49(S5), S184-S196.
<https://doi.org/10.1002/art.11409>

- Original article on method:
Buysse, D. J., Reynolds III, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28(2), 193-213.
[https://doi.org/10.1016/0165-1781\(89\)90047-4](https://doi.org/10.1016/0165-1781(89)90047-4)
2. Operational definition of DV: Polysomnography results from in clinic sleep (gold standard for medical review; total sleep time, sleep efficiency, onset latency, arousal index)
- Source article:
Cook, J. D., Prairie, M. L., & Plante, D. T. (2017). Utility of the Fitbit Flex to evaluate sleep in major depressive disorder: A comparison against polysomnography and wrist-worn actigraphy. *Journal of Affective Disorders*, 217, 299-305. <https://doi.org/10.1016/j.jad.2017.04.030>
 - Original article on method:
Sadeh, A. (2011). The role and validity of actigraphy in sleep medicine: An update. *Sleep Medicine Reviews*, 15(4), 259-267.
<https://doi.org/10.1016/j.smrv.2010.10.001>