**Measurement:**

The measurement of IV is a nominal scale (1–treatment, 2–placebo) by recording each participant of going to which condition group without the experimenter and participants knowing. The measurement of DV is setting 3 questions (fulfilment, joyfulness and motivation for activities) using a 5-point Likert ordinal scale and transforming into percentage results (ratio scale) derived from both total scores (/100) of strongly agree and agree for each question. The time spent on survey (15 minutes) is a ratio scale (stopwatch). Both the experimenter and participants who have no knowledge about group allocation will be picked (1-no, 2-yes) – nominal scale.

**Research Design:**

An experimental design is used to investigate if the manipulation of IV (fish oil tablet) has an impact on the DV (percentage of positive responses) compared with a placebo condition. Volunteered participants need to sign an informed consent. A random allocation is undergone to allow the “random assignment of any extraneous variables of participants is spread across both IV condition groups”. (Grivas, 2016) The standardised procedures are undergone, whereby IV 1 (fish oil) and IV 2 participants (placebo) need to take one tablet per day for ten weeks and all participants need to do 15-minute survey on electronic devices after ten weeks. The double-blind procedure ensures both parties to be “unaware of their IV conditions, to avoid participant bias and experimenter effect”. (Grivas, 2016) Participants will undergo debriefing after experiment, ie. placebo group ensures the real efficiency of fish oil by eliminating “participant expectancy effects”. (Grivas, 2016) Each question’s response provided by all participants (strongly agree and agree) will be added (score/100) and calculated in percentages. All three questions’ percentage results of strongly agree and agree will be compared between treatment and placebo conditions.