Protocol

# Supplies/Software needed

* Ice, bucket, room temperature water, thermometer, towel
* Printed version of Composite survey (I’ve already designed the composite survey that contains the appropriate content from the surveys we are testing)
* Stroop test (MATLAB)

# Procedure

1. The researcher will give the subject the Learning Consent Form and explain that this project is studying “how different personality traits interact with each other.” The researcher will answer any questions the subject has and confirm that the subject has signed the consent form.
2. Subjects will be assigned to the 3 conditions randomly by running a MATLAB program that randomly assigned the subject a number from 1-3.
3. Subjects will be assigned to read a short passage with subject matter that is either neutral, negative or inspiring. The neutral stimuli will consist of instructions on how to assemble a ship, the negative stimuli will consist of an article on the low probabilities of surviving a shipwreck, and the inspiring stimuli will consist of a newspaper clipping about a survival story of a shipwreck.
   1. Subject will be told: “Now we’re going to have you do a standard reading comprehension test that helps us control for differences between subjects. Please read through this short passage and answer the questions at the end.”
4. Subjects will put their non-dominant hand in cold water and be told to remove their hand when it becomes too uncomfortable to continue. After 4 minutes, subjects will be told to remove their hand from the water, whether they experience discomfort or not.
   1. Subject will be told: “Now what we’re going to do is what’s called a cold pressor task. It’s a standard test of pain tolerance which just involves putting your non dominant hand in ice water for as long as you can. It is a test that tends to be associated with other measures of cognitive control.”
   2. Once they are ready, subject will be told to immerse their hand and forearm into water maintained at at 5°C[[1]](#footnote-1) The researcher will begin timing on a stopwatch as soon as the subject’s forearm is under the ice water.
   3. The subject will be told to say the number “1” when the water first “bothers” him or her. The subject will remove their hand from the water when the discomfort becomes too much to handle.
5. Subjects will complete a composite survey that includes Ducksworth et al’s Grit-S survey and the Big Five Inventory (BFI; John and Srivastava, 1999).
   1. Subject will be told: Next, we have a personality survey that asks you some questions about yourself.
6. Subjects will engage in a two minute long Stroop test on the computer. (See MATLAB Stroop Program)
   1. Subject will be told: The last task that we’re going to do is an attention task. You will see words in different color fonts. You must use the arrow keys to describe the color of the font.
7. The researcher will debrief the subject using the “funnel debrief” technique
   1. Researcher will say “now I just want to ask you some questions” and record their responses in the funnel debrief document.
8. The researcher will reveal the study’s intent
   1. Researcher will say: “We’re interesting in studying grit, which is long term perseverance towards a goal. What we’re looking to see whether expectations can change a person’s grit. You were a part of the \_\_\_ group which means you read…. We were interesting in how that would impact your grit.”
9. Subject will be paid $10.

1. http://www.sciencedirect.com/science/article/pii/S1526590004007461 [↑](#footnote-ref-1)