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| Procedure  I decided that in order to test my prediction out that I would need to gain information via test subjects. The idea that would best take care of these needs were characteristics that were very consistent with either an interview with individual people, or a survey. The latter was the choice picked because individuals could fill out the survey at their leisure. Personal interviews would have been extremely time consuming and difficult to schedule. The other downside to the personal interviews is that it would have limited the region in which the interviews were collected.  The data was collected using a form via the World Wide Web and an asp script. All of the information was collected into a Microsoft Database file. The people submitting information were asked a series of questions that related to habits that could influence their digestive tract in both positive and negative aspects.  What is your age – This question can be used to either keep track of the age group that the individuals represent. This information can also be looked at if the person has developed a condition that they are aware of. It can indicate whether this was brought on because of puberty or not.  Any existing gastrointestinal conditions that you know of – If they did it would be useful to know this in comparing other people to those who already are diagnosed.  What is this existing condition? – This is useful in comparing this person to others.  How long has this condition been aware to you? – Depending on the amount of time that a person is being treated, their body may start to revert back to more normal behaviors. Ideally if they’re being treated in a fashion that will make their bodies act more normally, which in turn will make them feel better physically and about their mental health.  How often to you defecate? – This question is necessary in determining if there is a problem with the digestive tract. It can and should be used in conjunction with question regarding a person’s diet.  Is defecation difficult? – If defecation is difficult than steps need to be taken to make this less of an issue.  Is it difficult? – Though this question sounds very similar to the question regarding difficulty though it is different. This question is encouraging somebody think about his or her defecation habits. If moving your bowels is difficult this could be a sign of many serious problems and should be looked into at once. Remember, It is not normal to feel uncomfortable.  The girls section was the exact same types of questions, but with a few added on.  Is there a change in these conditions when you’re menstruating? – According to Doctor Gitnick, Chief of Digestive Disease at UCLA, out of the people with gastrointestinal disorders, 3/4ths of the woman claim to have changes to their digestive tract in response to their period.  Do you believe that you lead a stressful life? – This question is to see whether or not the person leads a stressful life. The question is obviously up to the interpretation of the individual taking the quiz, but there is no other way to measure stress over Internet.  How many hours of sleep do you get a night on average? – Perhaps sleep can affect how stressful a person’s life is, not to mention the activity of their GI tract.  How often do you eat fast food? – The reason for this question is that fast food is notorious for having a high fat percentage as well as full of calories. Large amounts of Calories are not necessarily a bad thing. The problem lies in the fact that people eat very quickly, which does not allow their stomachs time to properly adjust to the food that has entered. They have the sensation of being hungry, so they eat more. This only increases the amount of food in their stomach, which can contain fats and oils, which cannot only discomfort the digestive tract, but your heart, liver, and kidneys as well.  Do you exercise on a regular basis? – If a person is exercising, then they are doing something to burn fat and calories, which will encourage them to stick to a more planned eating regiment. Likewise are these people to be more conscientious of the foods in which they ingest, which can help deter digestive problems.  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |