

Lee Johnston Presentation Review:

Is the theory or question clear and understood?

Lee's question is clear and understood. They want to determine if eating before bed is really bad for you as majority of us have been told throughout our lives.

What are some strengths of the outlined plan?

The strength of the outlined plan is that the student provides facts as to how eating before bed affects not only the physical body but the mind as well. They also provide Google Trends data on the search of the question. They talk about science and the effects of eating before bed to digestive health as well as what time it is no longer safe to eat.

What are some areas of opportunity to improve the analysis?

While I like the fact that all the above things were included in the presentation, I believe that the analysis can be improved if more statistics were included as well as if there were some quoted facts from the sources that were used.

Are there any assumptions that were made that you think should be investigated more?

The student wrote that "Google trend analysis showed that searches related to this topic were much more prevalent in the states of Texas, California and New York." And that they "believe this is mostly because of individuals in these states being under more social pressure for things like weight loss. Texas and California being amongst the states with the hottest summer temperatures and outdoor events." I would like to see more research proving or disproving this.

Are there any ethical implications that should be considered?

Other than what was outlined in the presentation (the risk of fat-shaming and the diminishing of the role that BMI plays in one's health), I cannot see other ethical implications that should need to be considered for this particular study.