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Donoghue et al. (2016) aimed to measure young people's perceptions of advice about sexual risk taking. In other words, who are adolescents talking to and listening to about sex? First, the researchers defined the population of this research design to be adolescents in New Jersey. The researchers then invited High Schools to participate and moved down the list of schools until three accepted the invitation. The program they were interested in analyzing was offered to 887 High School Students in three schools; this determined the research study's sample size. A total of 694 students or 78% participated in this research study. Out of that 694 a total of 617 students completed surveys which concludes that 70% of the original sample frame of 887 students were represented in this research study.

Relating sampling strategies to our research project this semester we might start by asking who are we researching and what do we want to know about them? Our team decided that the most accessible population are Montclair State University Students. We aim to provide research to help describe the characteristics of MSU students who seek out professional help for their mental health needs. If we were to use multi-stage sampling, we are required to have two or more stages of random sampling. The first stage I might suggest numbering the majors under our University Catalog then using the random number generator to randomly select a major. The next step of our multi-stage sampling strategy we might number the courses under the randomly selected major. Again, we would use the random number generator to produce a randomly selected course. Once we have done this step we would then research if the course was in progress this current semester. Then contact the professor teaching the randomly selected course in progress, explain to them our strategy and ask if they would let us distribute our survey in one of their current courses. We would continue this multi-stage sampling strategy until we have a variety of different majors and more than 100 respondents. Finally, we would merge the data collected in each of the multi-stage sampling steps to produce our final sample.