

Survey Results



After participants finished both baseline and placebo trials, they were instructed to take a survey. The purpose of the survey was to measure: (1) if belief in placebo, (2) frequency of memory games played per week, (3) perceived improvement on placebo trial, and (4) perceived memory ability moderated their ability to perform on the memory task.

Do you believe placebos effect you?

How often do you play memory games a week?

$$F(2,47) = 1.37, p = .27$$

$$F(3,47) = .12, p = .95$$

Did you do better on the second trial?

$$F(1,47) = 29.51, p < .01$$

Yes: $M = 45.89, SD = 35.7$

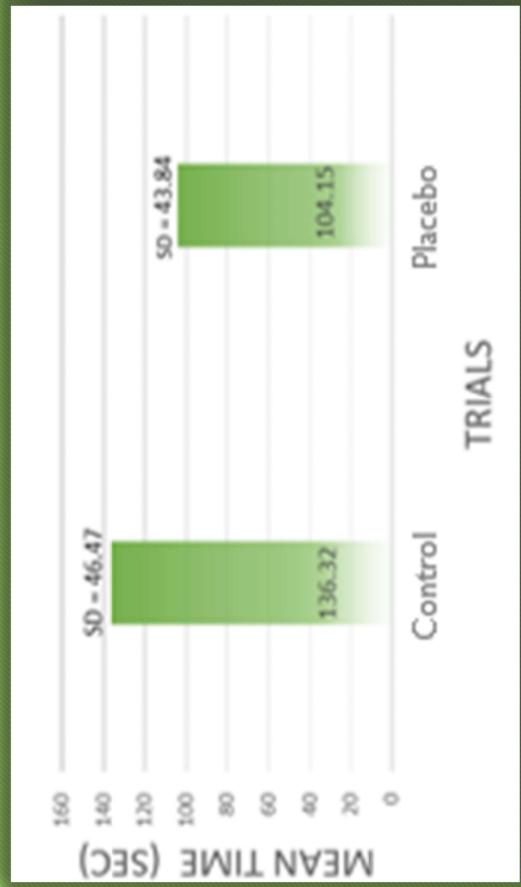
No: $M = -20.40, SD = 27.95$

How do you rate your memory 1-9?

$$F(5,47) = 1.07, p = .39$$



Results: Control v. Placebo



The mean difference between control and placebo trail was significant, $t(47) = 5.11$, $p < .01$.

Discussion



LIMITATIONS

Participants who completed the placebo task did complete the memory task faster than participants who did not complete the placebo task.

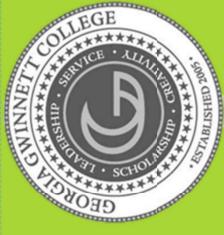
- The room setup allowed for participants to see and hear the progress of the other participants, and could have caused comparative anxiety.
- Some participants were unfamiliar with the matching card game used, and became more familiar with the game after going through the first trial. Which would result in a decrease in completion time.

FUTURE RESEARCH

The results from myself and my team raise the question of effective a nocebo breathing exercise would be, using the same method. Furthermore, what other functions of the brain could be affected by different breathing patterns how effective is breathing on other functions of the brain.

References

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