**The Impact of Chocolate on Graduate Student Happiness**

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Abstract

* Why did we start? Because chocolate.
* What did we do? Ate chocolate.
* What did we find? It’s delicious.
* What does it all matter? Who cares?

**Background**

Let’s face it. Chocolate is delicious, and it seems impossible that it might not be good for you. However, the science is unclear, at least for some outcomes.1

**Methods**

We recruited students who thought they were coming for training in reproducible research methods as a pre-text for eating chocolate in the morning. We measured their happiness using our established, validated index.

We calculated some descriptive statistics and ran a simple linear regression model:

We also explored a model with a product term, but not because *p*>0.05 in the previous model. Honest.

**Results**

Descriptive statistics are shown in Table 1

Estimates from the regression analysis are shown in Table 2

Regression results clearly show that chocolate increases happiness, but if you aren’t convinced please see Figure 1.

**Discussion**

We think this is convincing. But it may not matter for policy since another randomized trial showed that many participants switched groups mid-study because of their personal chocolate preferences.2

References

1. Scaramuzza AE and G. V. Zuccotti GV. Dark chocolate consumption and lower HbA1c in children with diabetes: Direct cause or pure happiness? Clin Nutr, 34(2):333–4, Apr 2015.
2. Chan K. A clinical trial gone awry: the Chocolate Happiness Undergoing More Pleasantness (CHUMP) study. CMAJ, 177(12):1539–41, Dec 2007.