Eastern Oregon University

PSY 441 - Senior Capstone Project 2015

Abstract

The role of personality traits and how it pertains to alcohol consumption and stress levels have been a focus of many studies. It is speculated that daily alcohol consumption is a coping mechanism for stress for those with certain personality types. In previous work it has been shown that many different types of personality traits (including extraverts, hopelessness, anxiety, impulsivity and sensation seekers) have a higher rates of alcohol consumption (Mackinnon, et al., 2014). Research that includes college students show those who consume alcohol to help cope with the daily stressors not only have more alcohol-related problems, but they also consume more in a sitting (McCabe, et al., 2013). Identifying personality traits that have a higher probability for alcohol consumption or dependence would allow for the person to become aware of their increased risk.

Data Directory

- Data

Alcohol Usage Predicated by Personality Traits and Stress Levels (graph. image)

Alcohol Usage by Personality Trait (graph. image)

CodeBook (results gathered from participants)

Stress Level by Personality Trait (graph. image)

- Debrief

Debrief given to participants

- IRB Application

- IRB Approval Letter

- Informed Consent

- Materials

BFI Scoring guide

BFI

Patient Stress Questionnaire

Stroop words

- CodeBook

Results gathered from participants (see also “Data” file)

- Poster Presentation - Screen Sharing (narrated description of poster- not updated)

- Poster

- Readme.md