



Overview

(/study/app

new/sid-

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8. Collected research studies / 8.1 Foundational topic



(https://intercom.help/kognity)



# 1.1 Collected research studies

**Section**

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## Teacher instructions



Notebook

These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.



Glossary

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Reading  
assistanceStudent  
view

Summary	Evaluation
<p><b>Odden and Rochat (2004)</b> ↗ (<a href="https://doi.org/10.53841/bpsecp.2004.21.2.39">https://doi.org/10.53841/bpsecp.2004.21.2.39</a>)</p> <p><b>Location of study</b> Samoa</p> <p><b>Aim</b> To investigate the role of observational learning in enculturation</p> <p><b>Method</b> 28 children (4–12 years of age) were observed longitudinally in the context of their village life (family, peers, school, church and other village events)</p> <p><b>Results</b> Children appear to learn chores by watching their parents and elder siblings. Over the course of the two-year study, the researchers never observed a parent explaining a chore to a child. In fact, the interviews revealed that most parents did not think such explicit instruction was consistent with the Samoan way.</p> <p><b>Conclusion</b> There appears to be a specific role of observational learning in enculturation. Children appear to learn by watching their parents and older siblings.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Odden was a member of the community being studied, which allowed access that may have otherwise not been possible.</li> <li><u>Methodological triangulation</u> increases the credibility of research, as researchers can cross-verify results obtained from the different methods.</li> <li>An <u>emic approach</u> was taken to understand and interpret the behaviour from the Samoans' perspective. Naturalistic observations of children provides ecological validity.</li> <li>Longitudinal design allowed changes over time, in the same population of children, to be observed.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The sample is very limited to a narrow population.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Using children raises issues of parental/informed consent.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The researchers used naturalistic observation as their primary research method, and whether Odden was a participant or non-participant is unclear.</li> <li>It is unclear how the observed behaviours were recorded, which raises the expected questions about the potential for researcher bias.</li> </ul>

Summary	Evaluation
<p><b>Summary</b></p> <p><u>Bandura et al. (1961)</u> ↗ (<a href="https://psychclassics.yorku.ca/Bandura/bobo.htm">https://psychclassics.yorku.ca/Bandura/bobo.htm</a>)</p> <p><b>Location of study</b></p> <p>USA</p> <p><b>Aim</b></p> <p>To investigate whether aggression can be learned through observation and imitation</p> <p><b>Method</b></p> <p>Observation</p> <p><b>Results</b></p> <p>The researchers found that children from Group 1, who observed aggressive models, exhibited far more aggressive behaviours than children from Groups 2 and 3, who were exposed to non-aggressive models or to no model. The children often exhibited the same forms of physical and verbal behaviour they had seen in the models.</p> <p><b>Conclusion</b></p> <p>The researchers interpreted this as meaning that social learning had taken place and that similarity to role models (male or female) appeared to be a factor.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Clearly demonstrated Bandura's social learning theory</li> <li>Dual-gender study</li> <li>The matched-pairs design minimised confounding variables.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Because children were used in the study, the results were not generalisable to the adult population.</li> </ul> <p><b>Demand</b></p> <ul style="list-style-type: none"> <li>characteristics could have confounded the results. Children may have thought they were supposed to behave violently because the model did.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Children were used in the study, so parents needed to consent to their participation, which they did.</li> <li>The violence displayed, as well as the violence demonstrated by the children, was directed at inanimate objects and not humans. Therefore, it was morally acceptable.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Demand characteristics could have confounded the results. Children may have thought they were supposed to behave violently because the model did, resulting in 'false positive' results.</li> </ul>



Summary	Evaluation
<p><b>Li and Hua (2022)</b>  (<a href="https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2021.810181/full">https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2021.810181/full</a>)</p> <p><b>Location of study</b> China</p> <p><b>Aim</b> To investigate the roles of social presence and social learning on consumers' purchase intention (PI) in a strong interactive environment</p> <p><b>Method</b> A survey was conducted. In total, 372 available responses were collected: 70% of participants were women (<math>n = 261</math>; 70.2%) and 30% were men (<math>n = 111</math>; 29.8%).</p> <p><b>Results</b> The social presence of others, as well as the frequency of social interaction online, impact consumers' purchase intention.</p> <p><b>Conclusion</b> The researchers conclude that online sellers should stimulate consumers' emotional appraisal and maintain their loyalty by communicating with consumers and making them interact with other members of online communities.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Large sample size</li> <li>• Aim-aligned questions gathered specific participant feedback.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Generalisability is limited, since this study only considered consumers who watched live streaming on the Taobao shopping platform.</li> <li>• There was no distinction between product types in this study.</li> <li>• Survey data can suffer from responder bias and, therefore, inaccuracies. Participants are not always honest regarding their behaviour.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Some may consider it unethical to leverage the power of psychology to increase consumerism. However, this is not a violation of any official ethical framework.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Survey data can suffer from responder bias and, therefore, inaccuracies.</li> </ul>

Summary	Evaluation
<p><b>Hölzel et al. (2011)</b>  (<a href="https://www.sciencedirect.com/science/article/abs/pii/S092549271000288X">https://www.sciencedirect.com/science/article/abs/pii/S092549271000288X</a>)</p> <p><b>Location of study</b> Germany</p> <p><b>Aim</b> To investigate the physiological impact of Mindfulness-Based Stress Reduction (MBSR) programmes on human brains</p> <p><b>Method</b> 16 adult 'meditation-naïve' individuals, whose whole brains were scanned using MRI technology, engaged in an eight-week Mindfulness-Based Stress Reduction programme. After the programme, their brains were scanned again. The pre- and post-MBSR intervention scans were compared.</p> <p><b>Results</b> Compared to a control group of 17 participants who were 'waitlisted' for the MBSR programme, participants in the experimental condition showed increases in grey matter in the hippocampus, cerebellum and cingulate cortex.</p> <p><b>Conclusion</b> MBSR can affect the structure of our brain, offering support for neuroplasticity. Our behaviour and environment change the shape of our brains.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Studies like this, which illustrate localised neuroplasticity, have important implications for not only future brain and behaviour research but also for non-biomedical interventions for conditions such as depression, PTSD, anxiety disorder and ADHD.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The sample size was small, so future research should be undertaken to replicate this finding.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Denying people access to a course that is known to reduce stress and increase grey matter by putting them in the 'waitlist' condition raises issues of protection of participants.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>A control group was used in this experiment; therefore, a cause-and-effect relationship can be established.</li> </ul>

Summary	Evaluation
<p><b>LeDoux &amp; Phillips (1992)</b> ↗ (<a href="https://nyuscholars.nyu.edu/en/publications/differential-contribution-of-amygdala-and-hippocampus-to-cued-and">https://nyuscholars.nyu.edu/en/publications/differential-contribution-of-amygdala-and-hippocampus-to-cued-and</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate the role of the hippocampus and amygdala in fear conditioning</p> <p><b>Method</b> True experiment with three conditions: <ul style="list-style-type: none"> <li>• the control condition (non-lesioned)</li> <li>• the amygdala lesioned condition</li> <li>• the hippocampus lesioned condition</li> </ul> </p> <p><b>Results</b> Rats whose amygdala was lesioned had resistance to fear conditioning, whereas the rats who had their hippocampus lesioned could be conditioned to fear the context in which the shock was administered but not the cue (tone presented) of the shock.</p> <p><b>Conclusion</b> The amygdala's role in fear conditioning is associative, whereas the hippocampus's role relays sensory information. Emotional stimuli have both a short (amygdala/thalamus) and long (hippocampus/thalamus) route.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• There are significant implications for memory and emotion.</li> <li>• The information could not have been acquired from humans.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The experiment was animal-based, so generalisability to humans is slightly reduced.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Animals were used, their brains were lesioned, and the animals were then euthanised (killed).</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• This was a lab experiment with a control condition and random allocation of participants to conditions.</li> <li>• The focus on localisation of function and lesioning technique may lead to false reductionist conclusions.</li> </ul>

Summary	Evaluation
<p><b>Bailey and Kandel (2008) ↗</b>  <a href="https://www.sciencedirect.com/science/article/abs/pii/S0079612307000106">https://www.sciencedirect.com/science/article/abs/pii/S0079612307000106</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate the recent advances in understanding the molecular mechanisms that underlie short-term, intermediate-term and long-term forms of implicit memory in the marine invertebrate Aplysia</p> <p><b>Method</b>    Review of literature</p> <p><b>Results</b>    Short-term memories result from protein synthesis and increased neurotransmitter interactions between neurons. Long-term memories result from the growth of new synapses and, therefore, increased neuronal connections.</p> <p><b>Conclusion</b>    The researchers concluded that short-term memories are formed as a result of strengthening existing connections between neurons, whereas long-term memories are formed via neurogenesis and the creation of new dendritic connections.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Literature reviews allow researchers to examine a large body of research focused on the same or similar aims.</li> <li>The body of research examined by the researchers triangulated each other and strengthened the authors' conclusions.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Literature reviews incorporate any built-in bias or errors that existed in the original studies. If studies are not selected properly for inclusion, the literature review can produce erroneous results.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>There are no ethical considerations in a literature review.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Researchers must be careful to include studies that were conducted and calculated properly.</li> <li>Researchers will frequently 're-do' the statistical calculations to ensure the quality of inclusion.</li> </ul>

Summary	Evaluation
<p><b>Allen et al. (2009) [1] (<a href="https://www.cambridge.org/core/journals/behavioural-and-cognitive-psychotherapy/article/participants-experiences-of-mindfulnessbased-cognitive-therapy-it-changed-me-in-just-about-every-way-possible/F55887EF2347B44650ECBE7F19D4491A">https://www.cambridge.org/core/journals/behavioural-and-cognitive-psychotherapy/article/participants-experiences-of-mindfulnessbased-cognitive-therapy-it-changed-me-in-just-about-every-way-possible/F55887EF2347B44650ECBE7F19D4491A</a>)</b></p> <p><b>Location of study</b> United Kingdom</p> <p><b>Aim</b> To examine participants' representations of their experience of Mindfulness-Based Cognitive Therapy (MBCT) and its value as a relapse-prevention programme for recurrent depression.</p> <p><b>Method</b> Twenty participants were interviewed. The interview focused on participants' reflections on what they found helpful, meaningful and difficult about MBCT as a relapse prevention programme. Thematic analysis was used to identify the key patterns and elements in participants' accounts.</p> <p><b>Results</b> The authors concluded that four overarching themes were present in the data: control, acceptance, relationships and struggle.</p> <p><b>Conclusion</b> The authors concluded that participants believe that MBCT is useful for relapse prevention of depression.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>A survey can capture participants' subjective feelings of the efficacy of MBCT.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Small sample size (20 participants)</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Confidentiality is always crucially important but especially so when mental health conditions are the focus.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Reflexivity is very important in qualitative research. Researchers must strive to remove their personal bias when interpreting participants' responses.</li> </ul>

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# 2.1 Collected research studies

## Section

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## Teacher instructions

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Summary	Evaluation
<p><b>Caspi et al. (2003)</b>   <a href="http://science.sciencemag.org/content/301/5631/386">http://science.sciencemag.org/content/301/5631/386</a></p> <p><b>Location of study</b>  New Zealand</p> <p><b>Aim</b>  To identify whether or not a correlation exists between the 5-HTT serotonin transporter gene and depression</p> <p><b>Method</b>  Correlational analysis/Natural experiment</p> <p><b>Results</b>  The researchers found that a statistically significant correlation did indeed exist. However, this correlation only emerged when individuals experienced three or more 'significantly stressful life events'.<sup>1</sup></p> <p><b>Conclusion</b>  There is a genetic and environmental interaction that plays a role in depressive etiology.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The natural experiment allowed for a direct comparison between the variable of possessing the short allele of the 5-HTT serotonin transporter gene and the incidence of depression.</li> <li>The study had a large sample size.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>There are many possible confounding variables.</li> <li>The sample is limited to the New Zealand population base.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Whenever a study addresses mental health disorders and genetics, the confidentiality of the participants is especially crucial.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The methodology of a natural experiment/correlational analysis allows for the possibility of many confounds.</li> </ul>

Summary	Evaluation
<p><b>Colodro-Conde et al. (2018) ↗</b>  <a href="https://www.nature.com/articles/mp2017130">https://www.nature.com/articles/mp2017130</a></p> <p><b>Location of study</b>    Australia</p> <p><b>Aim</b>    To identify support or lack thereof for the diathesis—stress model of depressive etiology</p> <p><b>Method</b>    Statistical analysis</p> <p><b>Results</b>    The researchers found statistically significant support for the diathesis—stress model of depressive etiology.</p> <p><b>Conclusion</b>    There is strong support for the diathesis—stress model of depression.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a large sample size.</li> <li>Advanced statistical analysis established support for the diathesis—stress model of depressive etiology.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Statistical analysis does not establish causation.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All data was anonymous, so no ethical considerations were present.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of advanced statistical modelling and analysis can be seen as a strength of this study. However, statistical analysis does not establish causation.</li> </ul>
<p><b>Chiao &amp; Blizinsky (2009) ↗</b>  <a href="https://royalsocietypublishing.org/doi/10.1098/rspb.2009.1650">https://royalsocietypublishing.org/doi/10.1098/rspb.2009.1650</a></p> <p><b>Location of study</b>    Cross-cultural study</p> <p><b>Aim</b>    To identify cross-cultural rates of depression relative to the prevalence of the 5-HTT serotonin transporter gene</p> <p><b>Method</b>    Correlational analysis</p> <p><b>Results</b>    The researchers found that, although East Asian countries have a higher prevalence of the short allele of the 5-HTT serotonin transporter gene, they have lower rates of depression than countries which have a lower prevalence of the short allele of the 5-HTT serotonin transporter gene.</p> <p><b>Conclusion</b>    Culture, specifically collectivism, mitigates the detrimental effects of the 5-HTT serotonin transporter gene.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The findings demonstrated the role of culture in mitigating the deleterious effects of the short allele of the 5-HTT gene.</li> <li>The study had a large sample size.</li> <li>It was an etic cross-cultural study.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>There are many possible confounding variables.</li> <li>Describes a relationship but does not establish causation</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Given that this was a correlational analysis and data was taken from anonymous data sets, there are no real ethical considerations.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The methodology of a correlational analysis allows for the existence of many possible confounds.</li> </ul>

Summary	Evaluation
<p><b>Drysdale (2017) ↗ (<a href="https://www.nature.com/articles/nm.4246">https://www.nature.com/articles/nm.4246</a>)</b></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b></p> <ul style="list-style-type: none"> <li>To identify neurophysiological subtypes ('biotypes'), defined by distinct patterns of dysfunctional connectivity in limbic and frontostriatal networks</li> <li>To identify the relationship between treatment efficacy and biotype of depression</li> </ul> <p><b>Method</b> fMRI-assisted correlational experiment/natural experiment</p> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>The researchers found that patients with depression can be subdivided into four neurophysiological subtypes ('biotypes') defined by distinct patterns of dysfunctional connectivity in limbic and frontostriatal networks.</li> <li>They write, 'These biotypes cannot be differentiated solely on the basis of clinical features, but they are associated with differing clinical-symptom profiles. They also predict responsiveness to transcranial magnetic stimulation therapy (<math>n = 154</math>). Our results define novel subtypes of depression that transcend current diagnostic boundaries.'<sup>2</sup></li> </ul> <p><b>Conclusion</b> Diagnosing depression via fMRI is both more valid and more reliable than diagnostic means. Additionally, biotypes of depression can inform the type of treatment that would be most effective.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>fMRI was able to identify and distinguish biological subtypes of depression.</li> <li>The study had a very large sample size (1,188) for an fMRI study, which increases validity.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The sample was monocultural.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>fMRI technology is widely considered a valid measurement. However, it can be susceptible to software error.</li> <li>It is possible that the biotypes arose as a result of some other mechanism than depression.</li> </ul>

Summary	Evaluation
<p><b>Kurapov et al. (2023)</b>   <a href="https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsyg.2023.1190465/full">https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsyg.2023.1190465/full</a></p> <p><b>Location of study</b>  Ukraine</p> <p><b>Aim</b>  To examine the prevalence and predictors of mental health issues — specifically anxiety, depression and stress — among Ukrainians during the military conflict with Russia</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• A cross-sectional correlational study was conducted six months after the beginning of the conflict.</li> <li>• Sociodemographic factors, traumatic experiences, anxiety, depression and stress were assessed.</li> <li>• The study included 706 male and female participants from different age groups, living in various regions of Ukraine.</li> <li>• The data was collected from August till October 2022.</li> <li>• Participants were gathered via snowball sampling.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>• A large portion of the Ukrainian population shows increased levels of anxiety, depression and stress due to the conflict.</li> <li>• Women were found to be more vulnerable to mental health issues than men, and younger people were found to be more resilient.</li> <li>• Worsened financial and employment statuses predicted increased anxiety.</li> </ul> <p><b>Conclusion</b>  Highly stressful and traumatic situations, such as living in a country besieged by conflict, can increase the prevalence of depression. Additionally, the study highlights the importance of addressing the mental health needs of Ukrainians affected by the ongoing conflict.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The study had a large sample size.</li> <li>• Various regions within Ukraine were assessed.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The focus on Ukraine has limited generalisability.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Mental health is a focus of the study and, therefore, the confidentiality of the participants is especially crucial.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• The data collection method was a self-assessment Google Form. This reduces the validity of the findings, given that the diagnosis of depression was not obtained in a clinical setting.</li> <li>• Snowball sampling as a sampling method can introduce confounds of participant bias.</li> </ul>

Summary	Evaluation
<p><b>Qiu et al. (2023)</b>   <a href="https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2801241">https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2801241</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate whether long-term exposure to air pollution is associated with an increased risk of late-life depression diagnosis among older adults in the USA (Qiu et al., 2023)<sup>3</sup></p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• A population-based longitudinal cohort study was conducted, comprising US Medicare enrollees older than 64.</li> <li>• Data was obtained from the Center for Medicare and Medicaid Services' Chronic Conditions Data Warehouse.</li> <li>• The participants were continuously enrolled in the Fee-for-Service program and both Medicare Part A and Part B.</li> <li>• After the 5-year washout period at entry, a total of 8,907,422 unique individuals were covered over the study period of 2005 to 2016, who contributed to 1,526,690 late-onset depression diagnoses.</li> <li>• Data analyses were performed between March 2022 and November 2022 (Qiu et al., 2023).</li> </ul> <p><b>Results</b>    Each 5-unit increase in long-term mean exposure to PM<sub>2.5</sub>, NO<sub>2</sub> and O<sub>3</sub> was associated with an adjusted percentage increase in depression risk of 0.91% (95% CI, 0.02%—1.81%), 0.61% (95% CI, 0.31%—0.92%), and 2.13% (95% CI, 1.63%—2.64%), respectively, based on a tri-pollutant model (Qiu et al., 2023).</p> <p><b>Conclusion</b>    Harmful associations were observed between long-term exposure to air pollution and increased risk of late-life depression diagnosis (Qiu et al., 2023).</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The study had a very large sample size.</li> <li>• Valid data was obtained from medical records.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Correlational analysis establishes a relationship between two variables but not causation.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Confidentiality is especially important in investigations focused on mental health. The data was anonymous, so ethics were not violated.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Correlational analysis establishes a relationship but not causation.</li> </ul>

Summary	Evaluation
<p><b>Ali &amp; Khoja (2019)</b> ↗  <a href="https://www.ochsnerjournal.org/content/19/1/4">https://www.ochsnerjournal.org/content/19/1/4</a></p> <p><b>Location of study</b>    Pakistan</p> <p><b>Aim</b>    To collect and summarise data on the link between air pollution and mood disorders, such as depression</p> <p><b>Method</b>    Meta-analysis</p> <p><b>Results</b>    The authors found that there are statistically significant research results linking air pollution to the development of depression.</p> <p><b>Conclusion</b>    Further research into the effect of air pollution on mental health should be pursued.</p>	<p>This was not a research paper but an op-ed written in a peer-reviewed journal that cited research supporting its claims.</p>

Summary	Evaluation
<p><b>Eack et al. (2012)</b> ↗  <a href="https://psychiatryonline.org/doi/10.1176/appi.ps.201100388">https://psychiatryonline.org/doi/10.1176/appi.ps.201100388</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To understand factors that contribute to the disparity in schizophrenic diagnosis within the African American population</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• 215 African Americans and 537 white Americans with diagnosed mental health disorders seeking treatment at an in-patient centre were given diagnostic tests designed to diagnose mental health disorders.</li> <li>• The clinicians administering the tests reported their 'perceived honesty' of the patients.</li> <li>• The researchers analysed the extent to which racially based perceptions of honesty affected the diagnosis of schizophrenia.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>• The researchers found that African American patients in the study were more than three times as likely to be diagnosed with schizophrenia than the white patients.</li> <li>• In total, 45% of the black patients were diagnosed with schizophrenia, whereas only 19% of white patients were.</li> <li>• The researchers believe that this disparity resulted from racial bias.</li> </ul> <p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>• White clinicians viewed African American patients as more dishonest, resulting in an increase in diagnosis of schizophrenia among the black participants in the sample, relative to white participants.</li> <li>• The researchers concluded that clinicians should focus on creating a trusting relationship with their patients and that cultural sensitivity is needed in order to improve the assessment and treatment of all minorities.</li> </ul>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The study had a large sample size.</li> <li>• The results were clear.</li> <li>• Interviews allow for qualitative data from the perspective of the clinicians.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Interviews are limited to clinicians' honesty in response. Thus, other factors that were not shared with the researchers could affect diagnoses.</li> <li>• The sample was limited to US clinicians; therefore, the same factor may not hold in other cultures or countries.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Ensuring the clinician participants' confidentiality is important, given the sensitive nature of their responses.</li> <li>• Whenever a study addresses mental health, the confidentiality of the participants is especially crucial.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• The typical strengths and limitations of interview methodologies, specifically the need for participant honesty as a limitation, are present.</li> </ul>

Summary	Evaluation
<p><b>Eaton et al. (2012)</b> [1] (<a href="https://psycnet.apa.org/record/2011-17694-001">https://psycnet.apa.org/record/2011-17694-001</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To identify whether a dimensional multivariate liability model could be developed to clarify how gender impacts diverse, comorbid mental health disorders</p> <p><b>Method</b> The investigation used data from the National Epidemiologic Survey on Alcohol and Related Conditions, which included data on 43,093 individuals (NESARC; <math>N = 43,093</math>).</p> <p><b>Results</b> The researchers found that a dimensional internalising (mood and anxiety)—externalising (antisocial and substance use) liability model fit the data well. As hypothesised, women showed a higher mean level of internalising, while men showed a higher mean level of externalising.</p> <p><b>Conclusion</b> The researchers concluded that gender-based personality differences in externalising (men) vs. internalising (women) contribute to prevalence rate differences in mood and anxiety disorders (women have higher rates) and substance abuse and anti-social disorders (men have higher rates).</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a large sample size.</li> <li>The data supported the theoretical hypothesis.</li> <li>The results provide insight into a possible explanation for prevalence rate differences of certain disorders.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Correlational analyses cannot establish causation.</li> <li>Findings may be culturally limited to the population sample (USA).</li> <li>Theoretical explanation necessitates more research and methodological triangulation.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Correlational analyses cannot establish causation.</li> </ul>

Summary	Evaluation
<p><b>Regier et al. (2013) ↗</b>  <a href="https://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp.2012.12070999">https://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp.2012.12070999</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    Regier and colleagues were commissioned by the American Psychological Association to ascertain the validity and reliability of the DSM-V as a diagnostic tool for various disorders.</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>The study took place across 11 academic centres in the USA and Canada. Each centre was given several 'target' diagnoses to focus on. Patients visiting a given centre were diagnosed using the DSM-IV criteria and then assigned to another clinician for diagnosis using the DSM-V.</li> <li>The second clinician was blinded to any prior diagnosis.</li> <li>All data was entered into a central database for analysis.</li> </ul> <p><b>Results</b>    Diagnoses were rated for reliability:</p> <ul style="list-style-type: none"> <li>Five were considered 'very good' (<math>\kappa = 0.60\text{--}0.79</math>)</li> <li>Nine were considered 'good' (<math>\kappa = 0.40\text{--}0.59</math>)</li> <li>Six were considered 'questionable' (<math>\kappa = 0.20\text{--}0.39</math>)</li> <li>Three diagnoses were 'unacceptable' (<math>\kappa &lt; 0.20</math>).</li> </ul> <p><b>Conclusion</b>    Most diagnoses adequately tested had good-to-very-good reliability, with these representative clinical populations assessed using usual clinical interview methods. Some of the good-to-very-good diagnoses encompassed a broader spectrum of symptom expression or took a more dimensional approach.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study was blind, had a large sample size and was randomised.</li> <li>The investigation encompassed 11 different settings.</li> <li>The results were analysed using advanced statistical analysis (<math>\kappa</math> rating).</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The findings are limited to a North American clinical context; however, assuming they would hold in any context that uses the DSM-V as a diagnostic tool would be logical.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Requiring participants to go through two screenings could result in unnecessary psychological harm. However, all participants were told in advance and consented to participate.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Using a blind, randomly assigned field trial at 11 different academic centres in the USA and Canada makes for a very strong methodological approach. There have been few such investigations into the reliability of diagnosis to date.</li> </ul>

Summary	Evaluation
<p><b>Kroska &amp; Harkness (2008) ↗</b>  <a href="https://journals.sagepub.com/doi/10.1177/019027250807100207">https://journals.sagepub.com/doi/10.1177/019027250807100207</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b></p> <ul style="list-style-type: none"> <li>To identify how diagnostic categories of either adjustment, affective or schizophrenic affect the relationship between the self-perceived stigma of diagnosis and one's self-identity, as well as the way individuals believe others perceive them</li> <li>In short, the researchers wanted to see whether a diagnostic label negatively affects participants' perceptions of self and/or perceptions of how others view them.</li> </ul> <p><b>Method</b>    Semi-structured interview</p> <p><b>Results</b></p> <p>The researchers found that diagnosis labels do affect perceptions. Specifically, patients receiving an affective disorder diagnosis (depression or anxiety) were found to have increased negative self-perception, as well as increased negative perceptions of how others view them.</p> <p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>It is important for clinicians to consider the individual patient before sharing a diagnosis label with them, as doing so may do more harm than good.</li> <li>This study also supports 'labelling theory' to a certain extent.</li> </ul>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study triangulates labelling theory.</li> <li>Rich data was gathered from the patients themselves using semi-structured interviews.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The small sample size and limitation to a few sites reduces the generalisability of the study.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Confidentiality is very important given the sensitive nature of the content.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Semi-structured interviews elicit rich data that is elaborative in nature. This specific strength is very relevant to this study's aim.</li> </ul>

Summary	Evaluation
<p><b>Reed et al. (2013) ↗</b>  <a href="https://onlinelibrary.wiley.com/doi/full/10.1002/j.2051-5545.2011.tb00034.x">https://onlinelibrary.wiley.com/doi/full/10.1002/j.2051-5545.2011.tb00034.x</a></p> <p><b>Location of study</b>    Switzerland</p> <p><b>Aim</b>    To generate information about psychiatrists' views on and attitudes to the classification of mental health disorders, with a specific focus on those relevant to the WHO Department of Mental Health and Substance Abuse in the revision of the ICD-10</p> <p><b>Method</b>    A survey of 4,887 psychologists and psychiatrists was conducted in 44 countries worldwide. The online survey was administered in 19 different languages.</p> <p><b>Results</b>    The survey produced data on a variety of questions and issues. Some highlights include:     <ul style="list-style-type: none"> <li>• 79% of participants reported 'almost always' using a classification system for diagnosis.</li> <li>• 70% of the sample reported using the ICD-10 as their primary diagnostic tool, while the other 30% reported using the DSM-V.</li> <li>• Participants said the most important use of a classification system is 'communication among clinicians', with 'informing treatment approach' coming in second. 'Communication between clinician and patient' was a distant third.</li> </ul> </p> <p><b>Conclusion</b>    The survey clearly indicated that diagnostic-based classification systems, such as the ICD-10 and DSM-V, are useful tools. However, they are perhaps not useful in the way we would anticipate, given that 'communication to patients' was a distant, third-most important use among clinicians.<sup>4</sup></p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The study has a very large sample size (4,887).</li> <li>• Many cultures and countries are represented in the sample (44 countries).</li> <li>• Clear data relative to the aim was generated.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Surveys rely on subjective answers from respondents; however, there is little incentive in this particular instance for respondents to provide invalid answers.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Surveys rely on subjective data submitted by the participants (respondents). Therefore, some responses may have reduced validity.</li> </ul>

Summary	Evaluation
<p><b>Parker et al. (2001)</b> ↗  <a href="https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.158.6.857">https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.158.6.857</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate the claim that the Chinese population tends to deny depression or express it somatically (through bodily sensations)</p> <p><b>Method</b>    A meta-analysis of original studies and literature reviews considering emotional distress, depression, neurasthenia and somatisation in Chinese subjects</p> <p><b>Results</b>    The authors take the time to state very explicitly that drawing conclusions from the literature is challenging for a variety of reasons. However, the evidence does support the claim that the Chinese population does indeed deny depression or express it somatically (at least more so than other cultural populations).</p> <p><b>Conclusion</b>    The Chinese population does indeed deny depression or express it somatically (at least more so than other cultural populations). However, western influences on Chinese society and on the detection and identification of depression are likely to have modified the expression of depressive illness quite sharply since the early 1980s.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>A meta-analysis allows researchers to draw conclusions from a wide range of investigations, increasing the statistical 'power' of findings and conclusions.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The authors raise several limitations to drawing conclusions about their aim:       <ul style="list-style-type: none"> <li>The heterogeneity of the Chinese population limits generalisability.</li> <li>There is difficulty in collecting data, such as clearly defining neurasthenia.</li> <li>There are differences in access to clinicians across the population.</li> </ul> </li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>There are no real ethical considerations with meta-analysis.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>If certain factors or issues are not controlled, a meta-analysis can 'bring in' issues or errors present in the original studies.</li> </ul>

Summary	Evaluation
<p><b>Lu et al. (2021) ↗</b>  <a href="https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00251-0/abstract">https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00251-0/abstract</a></p> <p><b>Location of study</b>    China</p> <p><b>Aim</b>    To describe the socioeconomic characteristics and use of mental health services in people with depressive mental health disorders in China</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>This study references the China Mental Health Survey, which was a cross-sectional epidemiological survey of mental health disorders.</li> <li>The researchers used a diagnostic tool called the Composite International Diagnostic Interview (version 3.0) to assess participants for incidents of depression in order to identify the presence of depression.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>There were 28,140 respondents in total, of which 12,537 (44.6%) were men and 15,603 (55.4%) were women.</li> <li>Depressive disorders in China were more prevalent in women than men.</li> <li>Depression was more prevalent in unemployed people than employed.</li> </ul> <p><b>Conclusion</b>    The researchers concluded that programmes are needed to remove barriers to the availability, accessibility and acceptability of care for depression in China.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a very large sample size.</li> <li>The sampling method was cross-sectional and drawn from multiple provinces.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Survey data relies on validity from participants.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Confidentiality is important given the sensitive nature of mental health disorders.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Survey data relies on validity from participants.</li> <li>A survey cannot establish causation.</li> </ul>

Summary	Evaluation
<p><b>Twenge (2020)</b>  (<a href="https://prcp.psychiatryonline.org/doi/10.1176/appi.prcp.20190015">https://prcp.psychiatryonline.org/doi/10.1176/appi.prcp.20190015</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To examine the trends in mental health throughout the 2000s and 2010s, and put forth possible hypotheses for explanation</p> <p><b>Method</b> Literature review</p> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>After remaining stable during the early 2000s, the prevalence of mental health issues among US adolescents and young adults began to rise in the early 2010s.</li> <li>These trends included sharp increases in depression, anxiety, loneliness, self-harm, suicidal ideation, suicide attempts and suicide, with increases more pronounced among girls and young women.</li> <li>The author puts forth the claim that the rise of social media use by teenagers caused the spike in mental health disorders among this population.</li> </ul> <p><b>Conclusion</b> US adolescents and young adults are in the midst of a mental health crisis, particularly girls and young women. The rise of digital media may have played a role in this problem via several mechanisms (Twenge, 2020).<sup>5</sup></p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Literature reviews give a bird's-eye view of changing prevalence rates of mental health disorders.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Causation cannot be established, only hypothesised.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Causation cannot be established, only hypothesised.</li> </ul>

Summary	Evaluation
<p><b>Samra et al. (2022)</b> ↗  <a href="https://akjournals.com/view/journals/2006/11/2/article-p607.xml">(https://akjournals.com/view/journals/2006/11/2/article-p607.xml)</a></p> <p><b>Location of study</b>    Australia</p> <p><b>Aim</b>    The aim of this study was to determine if social media-based social comparison can explain the relationship between problematic social media use (PSMU) and depression.</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>This study had 144 participants, of which 65 were female. The participants first completed a survey regarding their social media use. They were then asked to come into the lab to view a series of social media-related pictures.</li> <li>The participants were asked to compare themselves to the images and decide whether that comparison was favourable or unfavourable.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>The researchers found that females had higher social media usage and engaged in more frequent unfavourable comparisons than the male participants in the study.</li> <li>They also found that high scores of negative comparison and social media use were positively correlated with rates of depression and low self-esteem.</li> </ul> <p><b>Conclusion</b>    The researchers concluded that social comparison is a result of heavy social media use (PSMU) and this heavy use is linked to negative mental health outcomes. They stated that psychologists should work to provide interventions regarding negative social comparison and social media use.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The laboratory investigation used images that were controlled.</li> <li>Males and females were included in the study.</li> <li>The study had a large sample size (144).</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>A laboratory context introduces artificiality and reduces ecological validity.</li> <li>The study was quasi-experimental.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Artificially inducing downward social comparison could result in feelings of low self-esteem in participants.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>No real independent or dependent variable, so not quite a true experiment.</li> </ul>

Summary	Evaluation
<p><b>González-Nuevo et al. (2023)</b>  (<a href="https://link.springer.com/article/10.1007/s11469-021-00711-y">https://link.springer.com/article/10.1007/s11469-021-00711-y</a>).</p> <p><b>Location of study</b> Spain</p> <p><b>Aim</b> To develop a new measuring instrument for the problematic use of social media</p> <p><b>Method</b> The survey comprised a sample of 1,003 male and female participants over 18 years old. The mean age was 42 years.</p> <p><b>Results</b> Exploratory factor analysis was performed with a randomly selected 30% of the sample, and confirmatory factor analysis with the remaining 70%. The instrument's reliability was estimated, and evidence of validity in relation to the variables — anxiety, depression and satisfaction with life — was obtained (González-Nuevo et al., 2023).<sup>6</sup></p> <p><b>Conclusion</b> The new scale demonstrated good psychometric properties. The advantage of this questionnaire is that it assesses not only excessive use but also social comparison through social networks (González-Nuevo et al., 2023).</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The survey and analysis supported a new measurement tool for problematic social media use.</li> <li>The study had a large sample size.</li> <li>Randomised exploratory factor analysis helps to validate results.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>There are few limitations of the study because the aim of this particular piece of research was to develop a measurement tool.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Confidentiality is important given the sensitive nature of the data related to mental health.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Using 30% of the sample for exploratory factor analysis to fine-tune the measurement instrument before it was used on the remaining 70% of the sample increased the validity of the measurement instrument.</li> </ul>
<p><b>Elhai et al. (2020)</b>  (<a href="https://www.sciencedirect.com/science/article/abs/pii/S0306460319312420?via%3Dihub">https://www.sciencedirect.com/science/article/abs/pii/S0306460319312420?via%3Dihub</a>).</p> <p><b>Location of study</b> Various</p> <p><b>Aim</b> To use statistical modelling to identify and examine the factors contributing to problematic social media usage</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>1,097 participants completed a survey that asked for their demographic information and posed questions about their social media use and feelings of FOMO (fear of missing out).</li> <li>Feelings of rumination and depressive symptoms were also assessed.</li> <li>Machine learning was used to analyse smartphone use severity.</li> </ul> <p><b>Results</b> FOMO was shown to have the greatest contribution to problematic social media use.</p> <p><b>Conclusion</b> This study suggests that FOMO leads to problematic social media use and the corresponding negative mental health effects.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a large sample size.</li> <li>Sophisticated statistical modelling was used to analyse correlation.</li> <li>The study triangulated previous findings regarding FOMO.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Correlation does not equal causation, and causation cannot be established via surveys.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Confidentiality is important given the sensitive nature of the data.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of AI will become increasingly prevalent as a measurement and analysis tool. It is important to be aware of the limitations of AI analysis, such as: <ul style="list-style-type: none"> <li>The black-box nature of AI machine learning analysis: Machine learning is not fully transparent.</li> </ul> </li> </ul>

Summary	Evaluation
<p><b>Einstein et al. (2023)</b> ↗  <a href="https://www.tandfonline.com/doi/full/10.1080/00049530.2023.217961">https://www.tandfonline.com/doi/full/10.1080/00049530.2023.217961</a></p> <p><b>Location of study</b>    Australia</p> <p><b>Aim</b></p> <ul style="list-style-type: none"> <li>To examine the extent to which fear of missing out (FOMO) affects the relationship between frequency of social media use and symptoms of anxiety in adolescents</li> <li>The variable of 'self-compassion' was also measured to see whether levels of self-compassion were associated with changes in FOMO.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>The method used by researchers was an online survey that assessed the following:           <ul style="list-style-type: none"> <li>frequency of social media use</li> <li>FOMO levels</li> <li>self-compassion levels</li> <li>anxiety symptoms.</li> </ul> </li> <li>951 adolescents were surveyed with a mean age of 13.69.</li> </ul> <p><b>Results</b></p> <p>The results indicated that increased social media use positively correlated with both FOMO and increased anxiety symptoms. Self-compassion did not seem to moderate these effects in any way.</p> <p><b>Conclusion</b></p> <p>FOMO cognitive states among adolescents make the negative impacts of social media use worse for adolescents. Clinicians, parents and educators should focus on reducing feelings of FOMO among teenagers.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a large sample size (951).</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Surveys cannot establish causation but rather correlations only.</li> <li>Surveys rely on self-reported data, which could result in participant bias.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Confidentiality is important given the sensitive nature of the data.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Surveys rely on self-reported data, which could result in participant bias.</li> <li>Surveys cannot establish causation but rather correlations only.</li> </ul>

Summary	Evaluation
<p><b>Orben &amp; Przybylski (2019) ↗</b>  <a href="https://www.nature.com/articles/s41562-018-0506-1">https://www.nature.com/articles/s41562-018-0506-1</a></p> <p><b>Location of study</b>    UK</p> <p><b>Aim</b>    To identify correlations between patterns of social media use and detrimental effects within a range of age groups</p> <p><b>Method</b>    Correlational analysis of two large longitudinal UK data sets comprised 84,011 participants aged 10–80.</p> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>The researchers found that high levels of social media use were correlated with lower life satisfaction ratings and that these two variables were inversely correlated (the heavier the use, the lower the life satisfaction rating).</li> <li>Additionally, these results had gender differences. This effect was most robust in boys at ages 14–15; in girls, the greatest impact was at ages 11–19.</li> </ul> <p><b>Conclusion</b>    Certain populations are more susceptible to the detrimental effects of social media use than others. In particular, adolescent populations are especially vulnerable.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a large sample size (84,011).</li> <li>A longitudinal study takes place over an extended period of time.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Data analysis can only establish correlation and not causation.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Confidentiality is important given the sensitive nature of the data.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Long-term data analysis can establish correlations but not causation.</li> </ul>
<p><b>Twenge et al. (2019) ↗</b>  <a ).<="" a="" href="https://www.nature.com/articles/s41562-020-0839-4.epdf?author_access_token=AMli-v_NVizlRHfiHJUs2NRqNOjAjWel9jnR3ZoTv0NyO6WHXhaam3zaljiEGjfZWSw5xRcCYPYjudNb4RKEclH5eAeNLyrwNMcZ3q6A3hZiG_MwJNpRy1HGyUwXOLDn2TDAS79zv5Lgv80kc2gm_6A%3D%3D"></a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To respond to a critique of a previous publication via a discussion and analysis of the strengths and limitations of researchers' critiques of Twenge et al. (2019)</p> <p><b>Method</b>    Twenge and her fellow researchers published a response in which they pointed out six important choices of data analysis that resulted in skewed results and, therefore, Orben and Przybylski (2019) published an 'unfair' critique of their previously published study.</p>	

Summary	Evaluation
<p><b>Kirsch (2014)</b> ↗ (<a href="https://econtent.hogrefe.com/doi/10.1027/2151-2604/a000176">https://econtent.hogrefe.com/doi/10.1027/2151-2604/a000176</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To analyse the effectiveness of serotonin-based antidepressants</p> <p><b>Method</b> Kirsch carried out a meta-analysis of both published and unpublished data, including data on all clinical trials submitted to the US Food and Drug Administration (FDA) for the licensing of the four new-generation antidepressants for which full datasets were available.</p> <p><b>Results</b> Kirsch concluded, based on his analysis of large amounts of data (both published and unpublished), that serotonin-based antidepressants have no real effect on reducing or eliminating depressive symptoms beyond a placebo. He wrote, 'The serotonin theory is as close as any theory in the history of science to having been proved wrong.'</p> <p><b>Conclusion</b> This is a major conclusion, as it calls into question not only the serotonin hypothesis of depressive etiology but also the usefulness of using SSRIs, such as Prozac, to treat depression.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a large sample size.</li> <li>Kirsch included both peer-reviewed published data and unpublished data obtained from drug companies' submissions for government approval.</li> <li>All trials included in the analysis used the Hamilton Depression Scale (HAM-D), which increased the reliability of measurement.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Meta-analyses cannot establish causation; however, doing so was never the author's intent.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>A researcher's choice of statistical analysis techniques can influence the interpretation of data.</li> <li>A researcher's choice of data sets can influence the interpretation of data.</li> </ul>
<p><b>Cowen &amp; Browning (2015)</b> ↗ (<a href="https://onlinelibrary.wiley.com/doi/10.1002/wps.20229">https://onlinelibrary.wiley.com/doi/10.1002/wps.20229</a>)</p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To discuss research related to serotonin and its efficacy in treating depression</p> <p><b>Method</b> This was a literature review and discussion in an essay published in the journal <i>World Psychiatry</i>.</p> <p><b>Results</b> There were no results, as this was not an investigation.</p> <p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>The serotonin hypothesis of depressive etiology has not been validated by the research.</li> </ul> <p>The authors claim that much of the hype around the hypothesis has been motivated by the desire to make millions of dollars by marketing SSRIs to patients and clinicians.</p>	

Summary	Evaluation
<p><b>Wagstaff et al. (2012)</b> ↗  <a href="https://link.springer.com/article/10.2165/00023210-200115030-00006">https://link.springer.com/article/10.2165/00023210-200115030-00006</a></p> <p><b>Location of study</b>    New Zealand</p> <p><b>Aim</b>    To review the literature and discuss the effectiveness of Tianeptine, a serotonin reuptake enhancer, on reducing depressive symptoms</p> <p><b>Method</b>    This was a literature review and discussion.</p> <p><b>Results</b>    The drug Tianeptine has demonstrated similar anti-depressant efficacy to SSRIs; however, it has a much more favourable tolerability and reduced side effects.</p> <p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>• Tianeptine should be explored as a biological treatment for depression and prescribed more frequently than SSRIs.</li> <li>• Note: The fact that a serotonin reuptake enhancer reduces depressive symptoms is yet another piece of evidence demonstrating the limitations of the serotonin hypothesis of depressive etiology.</li> </ul>	

Summary	Evaluation
<p><b>Doucet et al. (2020)</b> ↗  <a href="https://www.cambridge.org/core/journals/european-psychiatry/article/transdiagnostic-and-diseasespecific-abnormalities-in-the-defaultmode-network-hubs-in-psychiatric-disorders-a-metaanalysis-of-restingstate-functional-imaging-studies/660033F6D3053821874600E4798B8DOE">https://www.cambridge.org/core/journals/european-psychiatry/article/transdiagnostic-and-diseasespecific-abnormalities-in-the-defaultmode-network-hubs-in-psychiatric-disorders-a-metaanalysis-of-restingstate-functional-imaging-studies/660033F6D3053821874600E4798B8DOE</a></p> <p><b>Location of study</b>    UK</p> <p><b>Aim</b>    To utilise powerful meta-analytic tools to synthesise default mode network (DMN) functional connectivity at a high degree of spatial resolution</p> <p><b>Method</b>    70 whole-brain resting-state fMRI data sets comprising over 2,700 individual brains were used for computer modelling to generate DMN documentation and images.</p> <p><b>Results</b>    Specific and consistent changes in DMN were observed in individuals suffering from a variety of mental health disorders.</p> <p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>The researchers point out that their investigation was inspired by the fact that default mode network dysfunction has 'emerged as a consistent biological correlate of mood, anxiety and schizophrenic disorders.'<sup>8</sup></li> <li>Their findings supported the prior research and interestingly found that DMN changes were trans-diagnostic, meaning that they were consistent across diagnoses.</li> <li>This led the researchers to conclude that the DMN plays a role in mental health.</li> </ul>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study had a large data set: 2,789 individuals suffering from a mental health disorder and 3,002 healthy controls.</li> <li>It triangulated previous research.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Quasi-experiments/correlational analyses cannot establish causation.</li> <li>There is a directionality problem: Depression could cause changes in DMN, rather than vice versa.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Computer models rely on software to analyse data and draw conclusions; any errors in software could impact results.</li> </ul>

Summary	Evaluation
<p><b>Polderman et al. (2015) ↗</b>  <a href="https://www.nature.com/articles/ng.3285">https://www.nature.com/articles/ng.3285</a></p> <p><b>Location of study</b>    Various</p> <p><b>Aim</b>    To estimate the heritability of traits</p> <p><b>Method</b>    The researchers performed a twin correlation meta-analysis and reported variance components for 17,804 traits from 2,748 publications, including 14,558,903 partly dependent twin pairs (Polderman et al., 2015).<sup>9</sup></p> <p><b>Results</b>    A variety of results are available, including:</p> <ul style="list-style-type: none"> <li>• height</li> <li>• high-level intelligence</li> <li>• musical abilities</li> <li>• depression</li> <li>• alcoholism.</li> </ul> <p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>• The authors point out that their results are ‘inconsistent with substantial influences from the shared environment’<sup>9</sup> and, therefore, most of the similarity within traits between twins is due to biological factors.</li> <li>• This study implies that many traits have a very strong biological component.</li> </ul>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The study had a massive data set of over 14 million twin pairs.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The meta-analysis does not explain heritability or establish causal mechanisms but only outlines heritable correlations.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Confidentiality is important given the sensitive nature of the data related to mental health.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Meta-analyses cannot establish causation.</li> <li>• Meta-analyses can embed possible errors or biases in the original studies.</li> </ul>

Summary	Evaluation
<p><b>Neumeister et al. (2002)</b> ↗  <a href="https://jamanetwork.com/journals/jamapsychiatry/fullarticle/206543">https://jamanetwork.com/journals/jamapsychiatry/fullarticle/206543</a></p> <p><b>Location of study</b>  Austria</p> <p><b>Aim</b>  To examine the relationship between the short allele of the 5-HTT serotonin transporter gene and tryptophan depletion</p> <p><b>Method</b>  24 women who did not suffer from depression and do not have a family history of depression, and 21 women who do have a family history of depression were genotyped for the short allele of the 5-HTT serotonin transporter gene. The participants were then enrolled in a randomised, placebo-controlled and double-blind tryptophan depletion study.</p> <p><b>Results</b>  Participants with the short/short allele of the 5-HTT serotonin transporter gene demonstrated a higher rate of depressive-like symptoms during tryptophan depletion than participants who had the long/long allele of the gene. These results were consistent regardless of family history of depression.</p> <p><b>Conclusion</b>  The short/short allele of the 5-HTT serotonin transporter gene creates a biological risk factor for depression.</p>	<p><b>Strengths</b>  The study was:</p> <ul style="list-style-type: none"> <li>double blind</li> <li>placebo controlled</li> <li>randomised</li> <li>mono gender.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Participants came from a single population.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Inducing depressive-like symptoms on purpose could be perceived as unethical.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>This study's design is the 'gold standard' of experiments. The randomised, placebo-controlled, double-blind nature gives it immense strength.</li> </ul>

<sup>1</sup> Caspi, A., et al. (2003) ↗ (<http://science.sciencemag.org/content/301/5631/386>) 'Influence of Life Stress on Depression: Moderation by a Polymorphism in the 5-HTT Gene', *Science*, Volume 301, Pages 386–389, © American Association for the Advancement of Science.

<sup>2</sup> Drysdale, A., et al. (2017) ↗ (<https://doi.org/10.1038/nm.4246>) 'Resting-state connectivity biomarkers define neurophysiological subtypes of depression', *Nature Medicine*, Volume 23, Pages 28–38, © Springer Nature America, Inc.

<sup>3</sup> Qiu X, et al. (2023) ↗ (<https://doi.org/10.1001/jamanetworkopen.2022.53668>) 'Association of Long-term Exposure to Air Pollution With Late-Life Depression in Older Adults in the US', *JAMA Network Open*, Volume 6. Licenced under the CC-BY-4.0 licence <https://creativecommons.org/licenses/by/4.0/> ↗ (<https://creativecommons.org/licenses/by/4.0/>).

<sup>4</sup> Reed et al. (2013) ↗ (<https://doi.org/10.1002/j.2051-5545.2011.tb00034.x>) 'The WPA-WHO Global Survey of Psychiatrists' Attitudes Towards Mental Disorders Classification', *World Psychiatry*, Volume 10, Pages 118–131, © Wiley.

<sup>5</sup> Twenge, J.M. (2020) ↗ (<https://doi.org/10.1176/appi.prcp.20190015>) 'Increases in Depression, Self-Harm, and Suicide Among U.S. Adolescents After 2012 and Links to Technology Use: Possible Mechanisms', *Psychiatric Research and Clinical Practice*, Volume 2. Licenced under the CC-BY-4.0 licence <https://creativecommons.org/licenses/by/4.0/> ↗ (<https://creativecommons.org/licenses/by/4.0/>).

<sup>6</sup> González-Nuevo, C., et al. (2023) ↗ (<https://doi.org/10.1007/s11469-021-00711-y>) 'Problematic Social Network Use: Structure and Assessment', *International Journal of Mental Health and Addiction*, Volume 21, Pages 2122–2137. Licenced under the CC-BY-4.0 licence <https://creativecommons.org/licenses/by/4.0/> ↗ (<https://creativecommons.org/licenses/by/4.0/>).

<sup>7</sup> Kirsch, I. (2014) ↗ (<https://doi.org/10.1027/2151-2604/a000176>) 'Antidepressants and the Placebo Effect', *Zeitschrift für Psychologie*, Volume 222, Pages 128–134, © 2015 Hogrefe Publishing.

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<sup>8</sup> Doucet G.E., et al. (2020) ↗ (<https://doi.org/10.1192/j.eurpsy.2020.57>) ‘Transdiagnostic and disease-specific abnormalities in the default-mode network hubs in psychiatric disorders: A meta-analysis of resting-state functional imaging studies’, *European Psychiatry*, Volume 63, Issue 1. Licensed under the CC-BY-4.0 licence <https://creativecommons.org/licenses/by/4.0/> ↗ (<https://creativecommons.org/licenses/by/4.0/>)

<sup>9</sup> Polderman, T., et al. (2015) ↗ (<https://doi.org/10.1038/ng.3285>) ‘Meta-analysis of the heritability of human traits based on fifty years of twin studies’, *Nature Genetics*, Volume 47, Pages 702–709, © Springer Nature America, Inc.

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view



## 2.2 Collected research studies

### Section

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Notebook



Glossary

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assistance

### Teacher instructions

These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list of relevant studies, and you are encouraged to use other research studies that are relevant.

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Summary	Evaluation
<p><b>TADS (2004–2007)</b>  (<a href="https://doi.org/10.1001/jama.292.7.807">https://doi.org/10.1001/jama.292.7.807</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To compare the effectiveness of fluoxetine (an antidepressant), cognitive behavioural therapy (CBT) and their combination in treating adolescent depression</p> <p><b>Method</b> A randomised control trial included 439 adolescents with major depression. Participants were randomly assigned to receive fluoxetine, CBT, a combination of both or a placebo.</p> <p><b>Results</b> The combination of fluoxetine and CBT was more effective than either treatment alone. Fluoxetine alone showed faster improvement than CBT alone, but the combination had the best overall outcomes.</p> <p><b>Conclusion</b> Combining fluoxetine with CBT provides the most effective treatment for adolescent depression, supporting a multi-modal approach to treatment.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Large, multi-centre sample</li> <li>Randomised control trial, including double blinding for medication</li> <li>Focus on suicidal ideation and behaviours, in addition to depression</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>High rates of comorbidity may affect the findings.</li> <li>The study focuses on short-term outcomes.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Ensuring participants (and guardians) fully understand the involved risks, especially regarding medication side effects, is essential for informed consent.</li> <li>Continuous assessment of participants for suicidal ideation is crucial.</li> <li>The use of a placebo group raises ethical questions.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The inclusion of a placebo group allows for clearer comparisons.</li> <li>Double blinding reduces bias.</li> </ul>

Summary	Evaluation
<p><b>Chiao and Blizinsky (2009) ↗  <a href="https://doi.org/10.1098/rspb.2009.1650">https://doi.org/10.1098/rspb.2009.1650</a></b></p> <p><b>Location of study</b>    Cross-cultural</p> <p><b>Aim</b>    To identify cross-cultural rates of depression relative to the prevalence of the 5-HTT serotonin transporter gene</p> <p><b>Method</b>    Correlational analysis</p> <p><b>Results</b>    The researchers found that, even though the prevalence of the short allele of the 5-HTT serotonin transporter gene is higher, East Asian countries have lower rates of depression than countries with a higher prevalence of the short allele of the 5-HTT serotonin transporter gene.</p> <p><b>Conclusion</b>    Culture, specifically collectivism, mitigates the detrimental effects of the 5-HTT serotonin transporter gene.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Demonstrated the role of culture in mitigating the deleterious effects of the short allele of the 5-HTT gene</li> <li>• Large sample size</li> <li>• Etic cross-cultural study</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• There are many possible confounding variables.</li> <li>• The results describe a relationship but do not establish a causal effect.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Given this was a correlational analysis and data was taken from anonymous data sets, there are no real ethical considerations.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• The methodology of a correlational analysis allows for many possible confounds.</li> </ul>
<p><b>Elkin et al. (1989) ↗  <a href="https://doi.org/10.1001/archpsyc.1989.01810110013002">https://doi.org/10.1001/archpsyc.1989.01810110013002</a></b></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To evaluate the effectiveness of different treatments for depression, including cognitive behavioural therapy (CBT), interpersonal therapy (IPT), antidepressant medication and placebo</p> <p><b>Method</b>    The randomised control trial involved 250 patients with major depression, randomly assigned to one of the treatments. The effectiveness of treatments was measured over 16 weeks using multiple clinical assessments, including the Hamilton Depression Rating Scale.</p> <p><b>Results</b>    All active treatments (CBT, IPT and medication) were more effective than the placebo. However, there were no significant differences between the active treatments regarding overall effectiveness.</p> <p><b>Conclusion</b>    The study concluded that both psychotherapy (CBT, IPT) and medication are effective treatments for depression, and that psychotherapy can be as effective as medication, especially for less severe cases.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Randomised control trial</li> <li>• Comparison of multiple treatment modalities</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Limited generalisability</li> <li>• Short, 16-week follow-up period</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• The study ensured informed consent and adhered to ethical standards for participant treatment.</li> <li>• Potential risks and benefits were communicated to participants.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Potential biases in treatment assignment and measurement could impact results.</li> <li>• The focus on short-term outcomes may overlook the long-term effectiveness of treatments</li> </ul>

Summary	Evaluation
<p><b>Hankin (2008)</b> ↗ (<a href="https://doi.org/10.1007/s10802-008-9228-6">https://doi.org/10.1007/s10802-008-9228-6</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To examine the cognitive vulnerability-stress model of depression in adolescents, focusing on whether cognitive vulnerabilities, when combined with stressful events, predict specific depressive symptoms over time</p> <p><b>Method</b> In a longitudinal prospective study of 350 adolescents, cognitive vulnerabilities (such as negative thinking patterns) and stressful life events were measured through self-reports at various points. The relationship between these factors and specific depressive symptoms (such as sadness and anhedonia) was assessed.</p> <p><b>Results</b> Adolescents with higher cognitive vulnerabilities were more likely to experience an increase in depressive symptoms after encountering stressful life events. The study found that cognitive vulnerability-stress interactions predicted specific depressive symptoms, supporting the specificity of certain vulnerabilities to certain types of symptoms.</p> <p><b>Conclusion</b> The study provided evidence for the cognitive vulnerability-stress model during adolescence, suggesting that cognitive patterns and stress exposure interact to influence specific depressive symptoms, highlighting the importance of early interventions to target these vulnerabilities.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Longitudinal design</li> <li>Focus on specific symptoms, rather than depression as a whole</li> <li>Focus on adolescents to support understanding of early stages of depression</li> <li>Holistic approach to depression based on the diathesis—stress model</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Self-report measures</li> <li>Narrow sample (Chicago, USA)</li> <li>Cannot establish causality</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent is required for minors.</li> <li>There is a risk of psychological harm. It may be distressing to discuss stressful events and depressive symptoms.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Researchers have no control over confounding variables. There may be alternative explanations for an increase or decrease in depressive symptoms.</li> </ul>

Summary	Evaluation
<p><b>Cipriani et al. (2018) ↗ (<a href="https://doi.org/10.1016/S0140-6736(17)32802-7">https://doi.org/10.1016/S0140-6736(17)32802-7</a>)</b></p> <p><b>Location of study</b> UK and worldwide</p> <p><b>Aim</b> To compare the efficacy and acceptability of 21 antidepressant drugs for the acute treatment of adults with major depressive disorder (MDD)</p> <p><b>Method</b> The systematic review and meta-analysis of 522 randomised control trials (RCTs) included data from over 116,000 participants.</p> <p><b>Results</b> All 21 antidepressants were more effective than placebo, but the efficacy and acceptability (treatment discontinuation rate) varied between drugs. Some showed better efficacy and tolerability, while others were less effective or had lower acceptability.</p> <p><b>Conclusion</b> The study concluded that while all 21 antidepressants are effective for treating acute MDD, there are significant differences in efficacy and acceptability.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Comprehensive analysis of a large number of studies</li> <li>• Detailed assessments of bias and evidence quality</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Risk of publication bias</li> <li>• Generalisability issues</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• It is essential to transparently report all outcomes, including negative or inconclusive findings, to avoid publication bias.</li> </ul>
<p><b>Anand et al. (2023) ↗ (<a href="https://doi.org/10.1056/NEJMoa2302399">https://doi.org/10.1056/NEJMoa2302399</a>)</b></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To evaluate whether ketamine is non-inferior to ECT in treating non-psychotic, treatment-resistant major depressive disorder</p> <p><b>Method</b> The randomised trial included 403 patients across five sites. Participants were assigned to receive either ketamine (twice weekly) or ECT (three times weekly) for three weeks, followed by a six-month follow-up.</p> <p><b>Results</b> At the end of treatment, 55.4% of patients receiving ketamine showed a significant improvement in depressive symptoms compared to 41.2% in the ECT group. Additionally, ketamine had fewer side effects related to memory impairment than ECT, which is traditionally associated with such risks.</p> <p><b>Conclusion</b> Ketamine is a promising alternative to ECT for patients with treatment-resistant depression, showing comparable efficacy and fewer adverse effects related to memory, positioning it as a viable treatment option.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Large sample size</li> <li>• Many independent ratings of depression were used, resulting in a holistic view of treatment efficacy.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Higher dropout rate in the ECT group than in the ketamine group</li> <li>• Lack of blinding may result in bias</li> <li>• Reliance on self-report measures</li> <li>• Limited generalisability</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Both treatments have risks and side effects, and participants must be aware in order to provide informed consent.</li> <li>• Participants must be carefully monitored and offered support if they experience side effects.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Six-month follow-up period may not be sufficient to conclude the long-term effectiveness of a treatment.</li> <li>• Blinding may be difficult due to the nature of the treatment.</li> <li>• There is a lack of control over confounding variables.</li> </ul>

Summary	Evaluation
<p><b>Davis et al. (2020) ↗</b>  <a href="https://doi.org/10.1001/jamapsychiatry.2020.3285">https://doi.org/10.1001/jamapsychiatry.2020.3285</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To evaluate the efficacy of a single dose of psilocybin combined with psychological support for treating MDD</p> <p><b>Method</b>    52 participants diagnosed with MDD took part in a double-blind, randomised control trial. The study compared the effects of a moderate dose of psilocybin to a placebo. Assessments of depressive symptoms were made using the Montgomery-Åsberg Depression Rating Scale (MADRS) and the Beck Depression Inventory (BDI) at baseline and 14 days post-treatment.</p> <p><b>Results</b>    Participants who received psilocybin showed a significant reduction in depressive symptoms, with an average decrease of 13 points on the MADRS compared to placebo. 54% of those in the psilocybin group met the criteria for remission after 14 days.</p> <p><b>Conclusion</b>    The findings suggest that psilocybin-assisted therapy can lead to significant and lasting reductions in depressive symptoms in adults with MDD, indicating its potential as a rapid-acting treatment option.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The use of a randomised control trial increases the validity of the findings by minimising bias.</li> <li>Psilocybin is a novel treatment for depression, so the research contributes to the growing field of psychedelic research.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Small sample size</li> <li>Short follow-up period</li> <li>Potential placebo effect</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants must be informed about the risks and benefits of psilocybin treatment to give informed consent.</li> <li>There may be adverse effects from reactions to psychedelic treatment, and participants should be protected from harm.</li> <li>There may be stigmatisation surrounding the use of alternative treatments. As such, confidentiality must be assured.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>While blinding was used, the subjective nature of psychedelic experiences may counteract this.</li> <li>Validated scales were used to assess depression.</li> </ul>
<p><b>Riggs et al. (2007) ↗</b>  <a href="https://doi.org/10.1001/archpedi.161.11.1026">https://doi.org/10.1001/archpedi.161.11.1026</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To compare the effectiveness of fluoxetine alone, cognitive behavioural therapy (CBT) alone and their combination for treating adolescents with major depressive disorder</p> <p><b>Method</b>    The randomised control trial involved 439 adolescents, assessing the impact of different treatment combinations over 12 weeks.</p> <p><b>Results</b>    The combination of fluoxetine and CBT showed superior efficacy in reducing depressive symptoms compared to either treatment alone. Those receiving combined therapy had a higher rate of remission.</p> <p><b>Conclusion</b>    The findings suggest that combining fluoxetine with CBT is the most effective approach for adolescents suffering from major depression, behavioural problems and substance use disorders, emphasising the importance of integrative treatment strategies.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Large sample size</li> <li>Comparison of multiple interventions</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>A 12-week study can only reveal short-term effects.</li> <li>Self-reported measures were used, which can lead to bias.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent is required, particularly when working with adolescents.</li> <li>Participants must be monitored for any potential side effects.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Random assignment to conditions reduces the potential for participant variability.</li> <li>Standardised measures were used to assess depressive symptoms.</li> </ul>

Summary	Evaluation
<p><b>Kuyken et al. (2015)</b> <a href="http://dx.doi.org/10.1016/S0140-6736(14)62222-4">[↗](http://dx.doi.org/10.1016/S0140-6736(14)62222-4)</a></p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To evaluate whether mindfulness-based cognitive therapy, with support to taper or discontinue antidepressant treatment, is more effective than continuing maintenance antidepressants in preventing depressive relapse or recurrence over 24 months</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• 424 adult patients with a history of recurrent major depressive episodes took part in a randomised control trial.</li> <li>• Participants were randomly assigned to either MBCT or maintenance antidepressants.</li> <li>• The primary outcome measured was the time to relapse or recurrence of depression, with follow-ups conducted at five intervals throughout the study.</li> </ul> <p><b>Results</b> The results indicated no significant difference in relapse rates between the two groups, suggesting that MBCT is not superior to maintenance antidepressants in preventing relapse. However, both treatments provided beneficial outcomes in terms of quality of life and residual depressive symptoms.</p> <p><b>Conclusion</b> MBCT may be an effective treatment option, but this study indicates that it may not replace maintenance antidepressants in terms of effectiveness for relapse prevention.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Large sample size</li> <li>• Long follow-up duration (24 months)</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Reliance on self-reported outcomes</li> <li>• Participants may have been more motivated to participate than those who chose not to, leading to sampling bias.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Informed consent should be given so that participants understand the risks and benefits of both treatments.</li> <li>• Participants should be monitored throughout the study for any adverse effects, especially withdrawal symptoms.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Randomisation reduces potential bias.</li> <li>• Lack of blinding may influence the outcome of the study.</li> <li>• Lack of control over confounding variables</li> </ul>

Summary	Evaluation
<p><b>Hollon et al. (2005)</b> ↗  <a href="https://doi.org/10.1001/archpsyc.62.4.417">https://doi.org/10.1001/archpsyc.62.4.417</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To compare the effectiveness of cognitive therapy (CT) and antidepressant medications (ADM) in preventing relapse in patients with moderate-to-severe depression after an initial treatment phase</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• A randomised control trial was conducted.</li> <li>• Patients who responded to CT or ADM were monitored for relapse during a continuation phase.</li> </ul> <p><b>Results</b>    CT significantly reduced relapse rates compared to ADM, suggesting that CT provides lasting benefits even after treatment cessation.</p> <p><b>Conclusion</b>    CT may be a viable long-term strategy for preventing depression relapse, highlighting its potential over continued medication use.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Longitudinal approach</li> <li>• Blinding and randomisation were used.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Small sample size from the USA only</li> <li>• Some attrition, potentially skewing findings</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Informed consent must be given to ensure participants are aware of side effects.</li> <li>• Participants need to be monitored throughout the study.</li> <li>• Participants need to understand they have a right to withdraw.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Blinding and randomisation in a randomised control trial reduces bias.</li> </ul>
<p><b>Keller et al. (2001)</b> ↗  <a href="https://doi.org/10.1056/NEJM200005183422001">https://doi.org/10.1056/NEJM200005183422001</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To evaluate the effectiveness of pharmacotherapy, psychotherapy and their combination in treating chronic, non-psychotic major depressive disorder.</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• In a randomised control trial, 681 adults were assigned to receive either pharmacotherapy, psychotherapy (16 to 20 sessions) or both for 12 weeks.</li> <li>• The primary outcomes were remission (a Hamilton Depression Rating Scale score of 8 or lower) and a satisfactory response (at least 50% reduction from baseline).</li> </ul> <p><b>Results</b>    48% of patients responded in both the pharmacotherapy and psychotherapy groups, while the combination group had a response rate of 73%.</p> <p><b>Conclusion</b>    Combining pharmacotherapy and psychotherapy was significantly more effective than either treatment alone.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Large sample size</li> <li>• Randomised control trial design minimises bias.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Exclusion criteria reduce the generalisability of the findings to all people with depression.</li> <li>• Some attrition occurred, influencing the validity of the conclusions.</li> <li>• Short follow-up duration</li> <li>• Lack of placebo control group</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Ensuring that all participants understood the nature of the study, including potential risks and benefits, was essential for informed consent.</li> <li>• Participants should have been monitored for any negative consequences of treatment.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• The study used validated assessment tools, such as the Hamilton Depression Rating Scale.</li> </ul>



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8. Collected research studies / 8.2 Health and well-being

## 2.3 Collected research studies

### Section

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Notebook



Glossary



Reading  
assistance

### Teacher instructions

These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Summary	Evaluation
<p><b>Akins et al. (2008)</b>  <a href="https://doi.org/10.1177/002204260803800105">https://doi.org/10.1177/002204260803800105</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate how acculturation impacts substance-use patterns among Hispanic participants in Washington State</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>A survey of 6,713 adults, including 1,690 self-identified Hispanic adults.</li> <li>The study compared substance-use patterns across the two groups over the preceding 30 days and the previous year.</li> <li>Key measures included the use of various illicit drugs and patterns of alcohol consumption, such as binge drinking.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>The findings indicated that acculturated Hispanic adults were nearly 13 times more likely to report current illicit drug use and over four times more likely to report current hard drug use compared to their non-acculturated counterparts.</li> <li>Acculturated individuals were also almost twice as likely to engage in binge drinking and more than three times as likely to report continuous drinking for several days without sobering up.</li> </ul> <p><b>Conclusion</b> Acculturation is associated with increased substance use among the Hispanic population of the USA. As individuals acculturate, they may lose protective cultural values that deter substance use.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Large sample size</li> <li>Valuable insights into the relationship between acculturation and substance use</li> <li>Two comparison groups</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Cross-sectional design</li> <li>Potential bidirectional ambiguity</li> <li>Language as a measure of acculturation may not be accurate.</li> <li>Self-reported data</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent was provided.</li> <li>Confidentiality was important due to information on substance use.</li> <li>There may be a psychological impact of discussing substance use.</li> </ul>



Student  
view

Summary	Evaluation
<p><b>Du et al. (2014)</b>  (<a href="https://doi.org/10.1080/21642850.2014.888656">https://doi.org/10.1080/21642850.2014.888656</a>)</p> <p><b>Location of study</b> China</p> <p><b>Aim</b> To explore the effects of individualism, collectivism and hopelessness on substance use among young, rural-to-urban migrants in China, hypothesising that hopelessness mediates these relationships</p> <p><b>Method</b> Researchers conducted a survey involving 641 young, rural-to-urban migrants to collect data on their levels of individualism, collectivism, hopelessness and substance use.</p> <p><b>Results</b> The findings indicated that higher individualism correlated with increased hopelessness, leading to greater substance use. In contrast, collectivism was associated with reduced hopelessness and subsequently lower substance use. Hopelessness fully mediated both relationships.</p> <p><b>Conclusion</b> The study concluded that fostering collectivist values might help mitigate substance use through reducing hopelessness among young migrants.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Large sample size</li> <li>Tests the mediating role of hopelessness</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Cross-sectional design</li> <li>Self-reported data</li> <li>Limited generalisability to other cultures</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent was gained.</li> <li>Confidentiality is important when discussing substance use, especially if cultural stigma may be present.</li> <li>There may be a psychological impact of discussing substance use.</li> </ul>
<p><b>Volkow et al. (2007)</b>  (<a href="https://doi.org/10.1523/JNEUROSCI.3371-07.2007">https://doi.org/10.1523/JNEUROSCI.3371-07.2007</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate dopamine release in the striatum of detoxified alcoholics and explore potential involvement of the orbitofrontal cortex (OFC)</p> <p><b>Method</b> 20 detoxified alcoholic males and 20 non-alcoholic male controls underwent positron emission tomography (PET) scans to measure dopamine receptor availability and assess changes in response to methylphenidate.</p> <p><b>Results</b> The study found significantly lower dopamine release in the striatum of alcoholic participants compared to the controls, with the OFC showing reduced metabolic activity related to dopamine release.</p> <p><b>Conclusion</b> The results suggest that chronic alcohol use may lead to profound changes in the dopaminergic system, implicating the OFC in these alterations and potentially contributing to the mechanisms of addiction.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Control group used</li> <li>PET imaging for objectivity in results</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study involved only 20 alcoholic participants and 20 controls, which may limit the generalisability of the findings.</li> <li>The sample consisted solely of male participants.</li> <li>Cross-sectional design does not allow for the determination of causality between dopamine release and alcohol dependence.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent is necessary for procedures such as brain imaging techniques.</li> <li>Confidentiality is necessary, especially when working with substance-use data.</li> </ul>

Summary	Evaluation
<p><b>Dingle et al. (2015) ↗</b>  <a href="https://doi.org/10.3389/fpsyg.2015.01795">https://doi.org/10.3389/fpsyg.2015.01795</a></p> <p><b>Location of study</b>  Australia</p> <p><b>Aim</b>  To explore how social identity shapes pathways into and out of addiction</p> <p><b>Method</b>  In-depth interviews with people in recovery were analysed for themes related to social identity before, during and after addiction.</p> <p><b>Results</b>  Two identity pathways emerged: one where recovery restored a lost positive identity and another where individuals built a new identity. In both, connecting with recovery-focused networks supported abstinence.</p> <p><b>Conclusion</b>  Social identities play a key role in recovery. Integrating social identity frameworks into treatment could improve recovery outcomes by fostering positive self-concepts and community ties.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Qualitative research using in-depth interviews allows for a richer understanding of participants' experiences.</li> <li>Interviews were thematically analysed.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study's results may not generalise well beyond the population studied, as social identity formation and addiction experiences can vary widely across cultural and geographic contexts.</li> <li>Participants were asked to recall their experiences, which may lead to recall bias.</li> <li>Cross-sectional design cannot establish how social identities evolve over time or impact sustained recovery.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>The study would need to ensure informed consent and sensitive handling of discussions about addiction, which can be distressing for participants.</li> <li>Protecting participants' identities is essential, given the stigma associated with addiction.</li> <li>Discussing past addiction could evoke psychological distress.</li> </ul>
<p><b>Durkin et al. (2005) ↗</b>  <a href="https://doi.org/10.1080/027321790518681">https://doi.org/10.1080/027321790518681</a></p> <p><b>Location of study</b>  USA</p> <p><b>Aim</b>  To examine how social learning theory (SLT) can explain binge-drinking behaviour in college students, focusing on peer influence and attitudes towards drinking</p> <p><b>Method</b>  Researchers surveyed 1,459 undergraduates across four universities in the USA, gathering data on their drinking habits, peer associations and beliefs about the effects of alcohol.</p> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>The findings supported SLT: Students who associated with peers who binge drank were more likely to engage in binge drinking themselves.</li> <li>Positive reinforcement, such as social acceptance, and permissive attitudes also correlated with higher binge-drinking rates.</li> </ul> <p><b>Conclusion</b>  SLT effectively explains binge drinking in college students, suggesting that targeted interventions addressing peer influence and attitudes may reduce this behaviour.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Large sample size</li> <li>By identifying specific factors (for example, peer influence and attitudes) associated with binge drinking, the study offers clear avenues for developing interventions, such as peer education.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Self-reported data</li> <li>Cross-sectional design (correlational data only)</li> <li>Limited diversity within the sample</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent is required.</li> <li>Confidentiality is important, given the potentially stigmatising nature of binge drinking.</li> <li>Discussion of binge-drinking behaviour could trigger discomfort or distress for students affected by alcohol-related issues.</li> </ul>

Summary	Evaluation
<p><b>Lazev et al. (1999)</b> <a href="https://doi.org/10.1037/1064-1297.7.1.56">(https://doi.org/10.1037/1064-1297.7.1.56)</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate how environmental cues become associated with cigarette cravings through classical conditioning</p> <p><b>Method</b> Eight smokers underwent 22 consecutive daily sessions during which specific cues, such as scents and visual signals, were paired with smoking or non-smoking contexts.</p> <p><b>Results</b> Smokers showed heightened cravings and physiological responses (such as increased pulse) with smoking-associated cues but not with those linked to non-smoking.</p> <p><b>Conclusion</b> Environmental cues can condition smokers to crave cigarettes, suggesting that desensitising these cues could support smoking cessation efforts.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Controlled environment</li> <li>Understanding cue-induced cravings offers insights for developing desensitisation strategies in smoking cessation programmes.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Small sample size (eight smokers)</li> <li>Short duration (22 days)</li> <li>Artificial setting</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants should be aware of potential craving triggers and agree to participate.</li> <li>Exposure to smoking cues might increase craving intensity, potentially causing discomfort.</li> <li>Providing resources or support to help participants manage cravings after the study could be essential to their well-being.</li> </ul>
<p><b>Khalid et al. (2024)</b> <a href="https://doi.org/10.3389/fpubh.2024.1229262">(https://doi.org/10.3389/fpubh.2024.1229262)</a></p> <p><b>Location of study</b> Pakistan</p> <p><b>Aim</b> To evaluate the effectiveness of the community reinforcement approach (CRA) on improving quality of life and happiness among drug users</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>60 inpatient substance abusers were randomly assigned to either the CRA intervention group or a traditional Minnesota model (TMM) control group.</li> <li>The CRA group underwent a 12-week treatment combining individual therapy sessions with group activities.</li> </ul> <p><b>Results</b> Participants in the CRA group reported significant improvements in both quality of life and happiness compared to those in the TMM group.</p> <p><b>Conclusion</b> The CRA proves effective in enhancing well-being among drug users, suggesting its potential as a viable treatment strategy.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study combines the CRA with the Minnesota model, offering a holistic treatment method.</li> <li>By focusing on a specific demographic in Pakistan, the research addresses a critical issue within a context that lacks sufficient studies on addiction treatment.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Small sample size</li> <li>The 12-week treatment period may not capture long-term effects.</li> <li>Self-reported data can lead to bias.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent is necessary.</li> <li>The vulnerability of the population must be considered.</li> <li>Engaging with sensitive topics related to addiction can cause distress.</li> </ul>

Summary	Evaluation
<p><b>Newcomer et al. (1999)</b> ↗  <a href="https://jamanetwork.com/journals/jamapsychiatry/fullarticle/1673779">https://jamanetwork.com/journals/jamapsychiatry/fullarticle/1673779</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate how cortisol levels affect verbal declarative memory</p> <p><b>Method</b>    A randomized, double-blind, controlled experiment with 51 healthy participants divided into three groups:     <ul style="list-style-type: none"> <li>• high cortisol (160 mg/day)</li> <li>• low cortisol (40 mg/day)</li> <li>• placebo.</li> </ul>   All participants were asked to complete a verbal memory test.</p> <p><b>Results</b>    Those in the high cortisol group performed significantly worse on memory tests compared to the other groups, indicating that elevated cortisol impairs memory.</p> <p><b>Conclusion</b>    Stress-level cortisol negatively impacts memory, though its effects are reversible.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Controlled design</li> <li>• Clear experimental conditions</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The sample consisted of only 51 participants, which may limit the generalisability.</li> <li>• The treatment lasted only four days, which may not capture long-term effects of cortisol.</li> <li>• The study had low ecological validity</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Participants were required to give informed consent, especially since cortisol administration could induce discomfort.</li> <li>• The administration of high cortisol doses raises concerns about potential side effects.</li> <li>• Providing support following the study to address any adverse effects from the cortisol treatment is essential.</li> </ul>

Summary	Evaluation
<p><b>Lohitashwa et al. (2015)</b> <a href="http://dx.doi.org/10.18203/2320-6012.ijrms20151391">http://dx.doi.org/10.18203/2320-6012.ijrms20151391</a></p> <p><b>Location of study</b> India</p> <p><b>Aim</b> To investigate the relationship between stress levels and sleep quality among young-adult medical students</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>This cross-sectional study was conducted with 200 medical students aged 17 to 25 years using stratified random sampling.</li> <li>Participants completed the Pittsburgh Sleep Quality Index (PSQI) and the Perceived Stress Scale (PSS) to assess sleep quality and stress levels.</li> </ul> <p><b>Results</b> The study found a significant correlation between higher stress levels and poorer sleep quality, with 69% of participants experiencing moderate stress and 75% reporting poor sleep quality.</p> <p><b>Conclusion</b> The findings highlight the impact of stress on sleep quality in medical students, emphasising the need for interventions to manage stress and improve sleep.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study utilises validated measures (PSQI and PSS).</li> <li>It addresses an important issue relevant to medical students.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Participants were drawn from a single institution, which may affect generalisability.</li> <li>The results rely on self-reported data, which can introduce bias.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>The study obtained ethical clearance and informed consent, ensuring that participants were aware of the study's purpose and their rights.</li> <li>Discussions of stress may cause psychological distress.</li> <li>Confidentiality is essential.</li> </ul>
<p><b>Shapiro et al. (2005)</b> <a href="https://psycnet.apa.org/doiLanding?doi=10.1037%2F1072-5245.12.2.164">https://psycnet.apa.org/doiLanding?doi=10.1037%2F1072-5245.12.2.164</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To evaluate the effectiveness of an 8-week mindfulness-based stress reduction (MBSR) programme on reducing stress among healthcare professionals</p> <p><b>Method</b> Researchers used a randomised control trial design with participants receiving either MBSR or no intervention.</p> <p><b>Results</b> Researchers found significant reductions in perceived stress and improvements in psychological well-being for those who participated in MBSR.</p> <p><b>Conclusion</b> This study emphasises the potential of MBSR as an effective tool for enhancing mental health and coping strategies among healthcare workers facing high stress.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>A randomised control trial design minimises bias and allows for causal inferences.</li> <li>A large sample was used.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The results rely on self-reported data, which can introduce bias.</li> <li>Short duration of follow-up does not allow for measurement of long-term effects.</li> <li>Researchers lack control over external factors.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent was gained.</li> <li>Support for participants is required after the study.</li> </ul>

Summary	Evaluation
<p><b>Childs and de Wit (2014)</b>  (<a href="https://doi.org/10.3389/fphys.2014.00161">https://doi.org/10.3389/fphys.2014.00161</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To examine the effects of regular exercise on emotional responses to acute stress</p> <p><b>Method</b> 111 healthy participants were assessed through two sessions: one involving the Trier Social Stress Test (TSST) and another as a control.</p> <p><b>Results</b> Those who exercised regularly showed lower heart rates and reported less negative affect after stress exposure compared to non-exercisers.</p> <p><b>Conclusion</b> Those who exercise may show enhanced emotional resilience to stress.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The use of a randomised control trial minimises bias.</li> <li>Objective measures such as heart rates and cortisol levels were used.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Cross-sectional design</li> <li>Self-reported data measures were also used, which allows for bias.</li> <li>The study has limited generalisability as it only looked at healthy participants.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants were required to give informed consent.</li> <li>There is potential for psychological stress through the use of the acute stress test used in the study (Trier Social Stress Test).</li> <li>Participants engaging in high levels of physical exertion during the study should be screened for any underlying health conditions.</li> </ul>
<p><b>Heinrichs et al. (2003)</b>  (<a href="https://doi.org/10.1016/S0006-3223(03)00465-7">https://doi.org/10.1016/S0006-3223(03)00465-7</a>)</p> <p><b>Location of study</b> Switzerland</p> <p><b>Aim</b> To explore how social support and oxytocin affect stress responses</p> <p><b>Method</b> Researchers conducted a double-blind, placebo-controlled trial with 37 healthy men: Participants received intranasal oxytocin or placebo and were exposed to the Trier Social Stress Test, with or without social support from a close friend.</p> <p><b>Results</b> Social support reduced cortisol levels, while oxytocin enhanced this effect, leading to lower anxiety and increased calmness.</p> <p><b>Conclusion</b> Oxytocin may amplify the protective role of social support against stress.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Double-blind, placebo-controlled trial enhances reliability.</li> <li>The study explored the interaction between oxytocin and social support, linking psychological and physiological perspectives.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Limited to 37 participants, affecting generalisability</li> <li>Conducted only with men, may overlook differences in women</li> <li>May not capture long-term effects on stress resilience</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants provided consent and understood the study procedures.</li> <li>Stress induction requires debriefing and support.</li> <li>It is necessary to ensure participant safety during oxytocin administration.</li> </ul>

Summary	Evaluation
<p><b>Acoba (2024) ↗</b>  <a href="https://doi.org/10.3389/fpsyg.2024.1330720">https://doi.org/10.3389/fpsyg.2024.1330720</a></p> <p><b>Location of study</b>    Philippines</p> <p><b>Aim</b>    To examine how perceived stress mediates the relationship between social support and mental health outcomes — specifically, positive affect, anxiety and depression — among Filipino adults during the COVID-19 pandemic</p> <p><b>Method</b>    A cross-sectional survey was conducted with 426 Filipino adults, utilising online questionnaires to assess social support (Multidimensional Scale of Perceived Social Support), perceived stress (Perceived Stress Scale-10) and mental health (Positive Affect subscale of PANAS, Depression and Anxiety subscales of DASS-21).</p> <p><b>Results</b>    Perceived stress significantly mediated the effects of family and significant other support on positive affect, anxiety and depression. Increased social support was linked to lower perceived stress, which in turn enhanced positive affect and reduced anxiety and depression. However, perceived stress did not mediate the relationship between friend support and these mental health outcomes.</p> <p><b>Conclusion</b>    The study highlights the role of perceived stress in the link between social support and mental health.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The use of established, validated scales for measurement</li> <li>The focus on a specific population during a pandemic</li> <li>Application of a clear theoretical framework</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The cross-sectional design limits causal inferences.</li> <li>Use of self-reported measures may introduce biases.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent was obtained from all participants.</li> <li>The study adhered to ethical guidelines regarding participant confidentiality and data handling.</li> </ul>

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## 2.4 Collected research studies

**Section**Student... (0/0)  Print (/study/app/psychology-new/sid-540-cid-763690/book/collected-research-studies-4-id-50763/print/)Table of  
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### Teacher instructions



Notebook

These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.



Glossary

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Reading  
assistanceStudent  
view

Summary	Evaluation
<p><b>Radovic et al. (2017) ↗ (<a href="https://doi.org/10.1016/j.adolescence.2016.12.002">https://doi.org/10.1016/j.adolescence.2016.12.002</a>)</b></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate how social media affects adolescents with depression</p> <p><b>Method</b> Semi-structured interviews with 23 adolescents aged 13–18 years.</p> <p><b>Results</b> The study identified both positive and negative impacts. Positively, social media provided support, connection and relatable content, helping some feel less isolated. Negatively, it introduced risks like cyberbullying, social comparison and feelings of inadequacy, sometimes worsening depressive symptoms.</p> <p><b>Conclusion</b> While social media can offer valuable support, it may also intensify negative emotions, suggesting the need for interventions to guide healthier social media use for depressed adolescents.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>In-depth data. A deep understanding of adolescents' personal experiences and nuanced views on social media, providing rich qualitative data.</li> <li>Addresses a current, widely relevant issue, highlighting both positive and negative effects of social media, which could inform mental health interventions and policies.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Only 23 participants from a single location. Thus, the findings may not be representative of all adolescents with depression, limiting the study's generalisability.</li> <li>Relying on self-reports can introduce bias, as participants may under-report or over-report their experiences, or might lack self-awareness about the impact of social media on their mental health.</li> <li>Cross-sectional design. The study provides a snapshot of adolescents' experiences at one time point.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Since participants were minors, the study likely required parental consent along with the adolescents' consent.</li> <li>Confidentiality and anonymity. Protecting participants' personal information was critical due to the sensitive nature of both their mental health status and their social media use.</li> <li>Discussing topics like depression and social media negativity could have been distressing for participants.</li> </ul>

Summary	Evaluation
<p><b>Summary</b></p> <p><u>Levy et al. (2005)</u> <a href="https://doi.org/10.1081/JA-200066810">(https://doi.org/10.1081/JA-200066810)</a></p> <p><b>Location of study</b></p> <p>USA</p> <p><b>Aim</b></p> <p>To explore the subjective experiences and perceptions of ecstasy among college students who use the drug, focusing on its effects, motivations for use and social contexts</p> <p><b>Method</b></p> <p>Researchers conducted four focus groups with college students who reported using ecstasy. The sessions included open-ended discussions to gather qualitative data on participants' experiences, emotions and views regarding the use of ecstasy.</p> <p><b>Results</b></p> <p>The analysis revealed several key themes:</p> <ul style="list-style-type: none"> <li>Positive experiences: Participants often described feelings of euphoria, enhanced social connections and emotional openness during ecstasy use.</li> <li>Motivations for use: Common motivations included seeking pleasurable experiences, enhancing social interactions, and coping with stress or anxiety.</li> <li>Negative consequences: Participants also acknowledged potential negative effects, such as anxiety during the comedown, and concerns about drug purity and safety.</li> </ul> <p><b>Conclusion</b></p> <p>While ecstasy use among college students is often associated with positive social and emotional experiences, it is also accompanied by significant risks.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The focus group method allows for in-depth exploration of participants' experiences, capturing nuanced perspectives on ecstasy use that quantitative methods may overlook.</li> <li>The study addresses an important public health issue, potentially informing prevention and harm reduction strategies.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Focus groups typically involve a limited number of participants, which may restrict the generalisability of the findings to the broader population of ecstasy users.</li> <li>The reliance on self-reported experiences can introduce bias, as participants may under-report negative effects or exaggerate positive experiences due to social desirability or recall bias.</li> <li>The presence of multiple participants can influence individual responses, with some participants possibly conforming to group norms or feeling uncomfortable sharing their true thoughts.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants need to provide informed consent, understanding the purpose of the study and how their data will be used, especially given the sensitive nature of drug use.</li> <li>Confidentiality and anonymity. Identities must be kept confidential to protect them from potential stigma or legal repercussions associated with drug use.</li> <li>Discussing drug use can evoke strong emotions or trigger distressing memories. Researchers should be prepared to provide support or referrals to mental health resources if needed.</li> </ul>

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# 3.1 Collected research studies

## Section

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Print (/study/app/psychology-new/sid-540-cid-763690/book/collected-research-studies-id-50764/print/)

Assign ▾



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Notebook



Glossary



Reading assistance

## Teacher instructions

These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Summary	Evaluation
<p><b>Chugani (1999)</b>  (<a href="https://doi.org/10.1177/107385849900500105">https://doi.org/10.1177/107385849900500105</a>).</p> <p><b>Location of study</b></p> <p>UK</p> <p><b>Aim</b></p> <p>To investigate the development of the brain</p> <p><b>Method</b></p> <p>PET scans were used to measure glucose metabolism in various brain regions, as increased brain activity requires more glucose. The scans of different age groups were compared.</p> <p><b>Results</b></p> <p>In newborns, there was little activity in the cerebral cortex. Areas associated with basic functions, like the brainstem and the cerebellum, showed higher levels of activity.</p> <p>As infants grew, brain activity began to spread to the sensorimotor cortex, responsible for sensory input and motor functions.</p> <p>During adolescence, the cerebral cortex, associated with complex cognitive functions, such as decision-making, impulse control and abstract reasoning, showed significant development.</p> <p>The most advanced brain functions in the cerebral cortex continued to mature into late adolescence and early adulthood.</p> <p><b>Conclusion</b></p> <p>The cerebral cortex, especially the prefrontal cortex, develops later compared to other brain regions. This suggests that basic survival functions are prioritised in early development.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Use of PET scans allowed brain activity to be observed in real time.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Since the study did not follow individuals over time, it could not track brain development within individuals.</li> <li>Research did not account for possible cultural or environmental differences in brain development.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>PET scans are non-invasive.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The spatial resolution of scans varies, and PET scans have limited spatial resolution compared to newer techniques, like fMRI.</li> </ul>

Summary	Evaluation
<p><b>Rosenzweig, Bennett and Diamond (1972)</b> [↗] (<a href="https://escholarship.org/uc/item/2nf200ps">https://escholarship.org/uc/item/2nf200ps</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate how environmental conditions influence brain development in rats</p> <p><b>Method</b> True experiment with three experimental conditions:</p> <ul style="list-style-type: none"> <li>• <b>Control cage:</b> Rats were housed together in a regular environment, with basic food and water.</li> <li>• <b>Enriched environment (EC):</b> Rats were placed in a large cage filled with various toys, obstacles and the company of other rats.</li> <li>• <b>Impoverished environment (IC):</b> Rats were kept in isolation, without toys or social interaction.</li> </ul> <p>After several weeks in these environments, the rat's brains were examined.</p> <p><b>Results</b> Rats raised in an enriched environment showed significant structural changes in their brains compared to the IC group. They had increased thickness and weight of the cerebral cortex, and higher levels of neural activity in neurons associated with the transmission of acetylcholine.</p> <p><b>Conclusion</b> The brain can change in response to environmental factors.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Other studies with humans have found similar findings, suggesting it is possible to generalise the results to some extent.</li> <li>• The study has been replicated many times, with similar findings, thus providing reliability for the results.</li> <li>• The controlled experimental design allowed for a systematic comparison of the effect of the different environments, allowing a cause-and-effect relationship to be established.</li> <li>• Rats were randomly allocated to conditions, reducing any potential sampling bias.</li> <li>• Rats were from an inbred line, which helps control for genetic influences.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The findings may not directly translate to humans due to species differences.</li> <li>• It is unknown which of the specific factors in the enriched conditions (e.g. social interaction, physical or cognitive stimulation) contributed most to the changes in the brain.</li> <li>• Long-term effects of the environment are unknown.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Some of the rats were kept alone and in impoverished conditions, which could have caused them distress.</li> <li>• The rats had to be killed for the brains to be examined.</li> </ul>

Summary	Evaluation
<p><b>Summary</b></p> <p><b>Hughes (1975)</b> ↗ (<a href="https://era.ed.ac.uk/handle/1842/22329">https://era.ed.ac.uk/handle/1842/22329</a>)</p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To investigate perspective-taking abilities</p> <p><b>Method</b> A quasi-experiment in which 30 children aged between 3 years, 6 months and 4 years, 11 months were divided into three different age groups and each completed three tasks.</p> <ul style="list-style-type: none"> <li>• <b>Task 1:</b> An intersection of two walls is made on a table, with four areas (A, B, C and D). The researcher places a policeman doll in an area where it can see another toy doll (a small boy) and asks children, 'Can the policeman see the boy?' The researcher moves the toy doll to different areas where the policeman doll cannot see the other doll and asks children again, 'Can the policeman see the boy?'</li> <li>• <b>Task 2:</b> Children were asked to place the toy doll in an area that the policeman cannot see him.</li> <li>• <b>Task 3:</b> A second policeman doll is added, and children were asked to place the toy doll in an area that the policeman cannot see him.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>• <b>Group 1:</b> (mean age 3 years, 9 months) 88% correct responses.</li> <li>• <b>Group 2:</b> (mean age 4 years, 3 months) 88% correct responses.</li> <li>• <b>Group 3:</b> (mean age 4 years, 9 months) 95% correct responses.</li> </ul> <p><b>Conclusion</b> The results suggest Piaget overestimated how long it took for children to not be egocentric. Piaget suggested it was not until 7–8 years old, but these results show it can be as early as 3 years.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• High ecological validity due to the use of animate, physical objects in an age-appropriate task which would be familiar to children</li> <li>• Results in each of the different tasks were all similar, providing reliability of results.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Low population validity, as it was a small sample, and all children attended the same playgroup</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• This quasi-experiment does not allow for random assignment of participants to different groups, meaning a cause-and-effect relationship cannot be established.</li> </ul>

Summary	Evaluation
<p><b>Frick et al. (2014)</b>  (<a href="https://doi.org/10.3389/fpsyg.2014.00386">https://doi.org/10.3389/fpsyg.2014.00386</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate perspective-taking abilities</p> <p><b>Method</b> The experiment was with 80 children, aged between 4 and 8 years old. Scenes of toy models taking pictures of layouts of objects from different angles were created and then presented to each individual child. Children were asked to choose which one of four pictures could have been taken from the toy model's viewpoint.</p> <p><b>Results</b> Performance increased and egocentric responses decreased dramatically around age 7.  There was a considerable variability in individual test scores, with not all 8-year-olds answering correctly.</p> <p><b>Conclusion</b> The results offer support for Piaget's concrete operational stage for most children, but individual differences in egocentrism are evident.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Compared responses from a wide age range to help establish when children are no longer egocentric</li> <li>The controlled experimental design allowed for a systematic comparison of the responses, allowing a cause-and-effect relationship to be established.</li> <li>Can be easily replicated to test for reliability of results</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Low ecological validity, as it was a lab setting</li> <li>The task itself is unusual for children due to the use of pictures to represent scenes, and this reduces the ability to generalise the findings to other, more real-life situations.</li> <li>Low population validity, as it was a small sample, and all children were from similar backgrounds</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>When children are participants, it is important to ensure that tasks and instructions are 'child friendly'.</li> <li>Children may not have fully understood this task, and this may affect their responses, thus questioning the internal validity.</li> </ul>

Summary	Evaluation
<p><b>Wood and Middleton (1975) ↗</b>  <a href="https://doi.org/10.1111/j.2044-8295.1975.tb01454.x">https://doi.org/10.1111/j.2044-8295.1975.tb01454.x</a></p> <p><b>Location of study</b>    UK</p> <p><b>Aim</b>    To investigate how mothers provide scaffolding to their children</p> <p><b>Method</b>    12 children, who were 4 years old, were given puzzles to complete, which were too difficult for them to complete alone. Their mother's behaviour was observed in terms of how they interacted with the children to provide support to the child.</p> <p><b>Results</b>    The type of support the mother gave included:     <ul style="list-style-type: none"> <li>• general encouragement, e.g. 'now you have a go'</li> <li>• specific instructions, e.g. 'get four big blocks'</li> <li>• direct demonstration, e.g. showing the child how to place one block on another.</li> </ul>   No single strategy was best for helping the child to progress.    The most effective assistance was given by mothers who varied their strategy according to how the child was doing.   </p> <p><b>Conclusion</b>    More knowledgeable persons (MKOs) are vital to help a child progress.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The task has ecological validity, as caregivers often support their children with such tasks in real life, which increases external validity of findings.</li> <li>• Rich data was obtained about how scaffolding was provided, rather than just how much or how often it was provided.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Observer effect due to being aware of being observed</li> <li>• Social desirability effect, to appear more favourable to research</li> <li>• Research bias when interpreting observations</li> <li>• Low population validity due to small sample size (12) and children all being the same age</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul>

Summary	Evaluation
<p><b>Rutter et al. (2007) ↗ (https://doi.org/10.1111/j.1469-7610.2007.01792.x)</b></p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To compare the development of Romanian orphans, after they had been adopted, with UK-adopted children, who had not experienced neglect</p> <p><b>Method</b> 144 Romanian orphans, who had been adopted, were compared with 52 UK-adopted children.  Tests for cognitive functioning were conducted, and semi-structured interviews were carried out with the adoptive parents.</p> <p><b>Results</b> Children who had been adopted but not experienced neglect in institutions showed no development impairment.  Cognitive impairment was higher in the Romanian orphans who had spent more than 24 months in the institution than in those who had spent under 24 months.  Many of the Romanian orphans displayed disinhibited attachment — a lack of differentiation towards different people.</p> <p><b>Conclusion</b> The longer spent in an institution, the more cognitive development is impaired and attachment disorders are evident. Negative outcomes from institutionalisation can be overcome if children are removed before 6 months of age. Separation from an attachment figure is not sufficient by itself to cause impairment to development.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Part of an ongoing, longitudinal project which is providing valuable insight into how the environment can influence human development</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>No control over other factors, such as genetics</li> <li>Not possible to know the role malnutrition played on the developmental impairments</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Researchers did not expose children to deprived conditions; this occurred naturally. But researchers have an obligation to ensure children are protected from any further physical or psychological harm.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Longitudinal research is time consuming and expensive, and participants may choose to 'drop out' of the study.</li> </ul>

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# 3.2 Collected research studies

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These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Summary	Evaluation
<p><b>Fagot (1978)</b>  (<a href="https://doi.org/10.2307/1128711">https://doi.org/10.2307/1128711</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate the role parents play in the development of gender roles</p> <p><b>Method</b> 24 families were observed in their own homes. A checklist of 46 child behaviours and 19 reactions by parents was used during five 60-minute observations completed for each family over five weeks. After the observations, each parent was asked to rate the 46 behaviours as more appropriate for girls, boys or neutral. Each parent also completed a questionnaire about their beliefs on the socialisation of gender roles.</p> <p><b>Results</b> When the child was engaged in same-sex-preferred behaviour, the parents reacted significantly more favourably than when the child engaged in cross-sex-preferred behaviours.</p> <p><b>Conclusion</b> Parents play a role in children learning what behaviour is perceived as appropriate for each gender.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Overt observation in the natural environment of the family results in high ecological validity.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Low population validity, as the 24 families were all linked to the same university, were all white and were all American</li> <li>The families knew that they were being watched. This means that they have demonstrated demand characteristics.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of two observers reduces possible researcher bias, as there is high interobserver reliability.</li> </ul>

Summary	Evaluation
<p><b>H</b> (<a href="https://doi.org/10.1177/1468796802002002658">https://doi.org/10.1177/1468796802002002658</a>)owarth (2002) [<a href="https://doi.org/10.1177/1468796802002002658">https://doi.org/10.1177/1468796802002002658</a>]</p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To investigate how group membership influences how young people from marginalised backgrounds view themselves</p> <p><b>Method</b> 44 teenagers from Brixton, London, took part in focus group interviews. Headteachers were also interviewed.</p> <p><b>Results</b> Their view of themselves was strongly influenced by how they related to their social group, rather than by personal achievements or individual characteristics alone. Their social group and collective identity were a source of strength, despite external social pressures and stigma.</p> <p><b>Conclusion</b> Social identity and group membership defines self-worth for young people from marginalised backgrounds.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Interviews allowed for rich, subtle data.</li> <li>The study addressed an often-overlooked group of society.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Low population validity, as the 44 teenagers were all from the same area</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Self-report data from interviews may be subject to social desirability bias.</li> <li>Interpretation of data is open to researcher bias.</li> </ul>
<p><b>Jan, Soomro and Ahmad (2017)</b> [<a href="https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3030048">https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3030048</a>]</p> <p><b>Location of study</b> Pakistan</p> <p><b>Aim</b> To investigate the impact of social media on self-esteem</p> <p><b>Method</b> 150 students completed questionnaires and interviews.</p> <p><b>Results</b> 88% of people engage in making social comparisons on Facebook. Out of the 88%, 98% of the comparisons are upward social comparisons. Increase in social media usage causes the self-esteem of individuals to decrease. One hour spent on Facebook daily results in a 5.574 decrease in the self-esteem score of an individual.</p> <p><b>Conclusion</b> There is a strong relationship between social media and self-esteem.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Data triangulation through use of interviews and questionnaires</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Low population validity, as the 150 students were from the same institute</li> <li>Only the impact of Facebook was considered. Other social media may have other effects on self-esteem.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Self-report data from students may be subject to social desirability bias.</li> <li>Interpretation of data is open to researcher bias.</li> </ul>

Summary	Evaluation
<p><b>Summary</b></p> <p><u>Hazan and Shaver (1987)</u> [↗ (<a href="https://doi.org/10.1037/0022-3514.52.3.511">https://doi.org/10.1037/0022-3514.52.3.511</a>)]</p> <p><b>Location of study</b></p> <p>USA</p> <p><b>Aim</b></p> <p>To investigate childhood attachment styles and adult romantic/social relationships</p> <p><b>Method</b></p> <p>Analysis of over 620 responses to a survey distributed in newspapers to measure childhood attachment and views of adult relationships</p> <p><b>Results</b></p> <p>Respondents who were securely attached as children were more likely to have lasting and satisfying relationships as an adult.</p> <p>Conversely, those respondents who identified as insecurely attached were more likely to find relationships challenging, and more were likely to be divorced.</p> <p><b>Conclusion</b></p> <p>Experiences in childhood influenced attitudes to love and social relationships in adulthood.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Standardised survey and procedure</li> <li>• Quantitative data enhances reliability of the study.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Sample could have been self-selecting, reducing the validity of the results</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• No qualitative data collected in the first study to help explain views of adult relationships (there was a second follow-up study conducted)</li> </ul>
<p><b>Summary</b></p> <p><u>Ainsworth and Bell (1970)</u> [↗ (<a href="https://doi.org/10.2307/1127388">https://doi.org/10.2307/1127388</a>)</p> <p><b>Location of study</b></p> <p>USA</p> <p><b>Aim</b></p> <p>To investigate childhood attachment styles</p> <p><b>Method</b></p> <p>Controlled observation in which a standardised procedure is carried out, while observers watch via a one-way mirror. The study uses a real-life mother and baby around the age of one year old. The mother leaves and then re-enters the room and the baby's reactions are observed.</p> <p><b>Results</b></p> <p>Possible to classify infants into three types of attachment styles: securely attached, insecurely attached/avoidant and insecurely attached/ambivalent.</p> <p><b>Conclusion</b></p> <p>Ainsworth concluded that the way infants formed attachments early in life impacted how they build relationships in adulthood.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Controlled observation makes it replicable.</li> <li>• Quantitative data enhances the study's reliability.</li> <li>• Qualitative observations also add in-depth data.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Unpredictable behaviour from babies, which reduces reliability, as the behaviour in the unfamiliar lab setting might not represent their usual responses</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Low ecological validity, as it was a lab setting. However, it may be possible to claim some external validity, as the behaviour of mother and child could be said to reflect patterns from real-life settings.</li> </ul>

Summary	Evaluation
<p><b>Takahashi (1990)</b> ↗ (<a href="https://doi.org/10.1159/000276500">https://doi.org/10.1159/000276500</a>)</p> <p><b>Location of study</b> Japan</p> <p><b>Aim</b> To investigate attachment patterns of Japanese infants using the Strange Situation Procedure (SSP)</p> <p><b>Method</b> 60 Japanese infants and their mothers were observed using the SSP.</p> <p><b>Results</b> <ul style="list-style-type: none"> <li>• 32% of Japanese infants displayed ambivalent/resistant attachment. These infants showed extreme distress when the mother left the room and were not easily comforted upon her return.</li> <li>• 0% of the Japanese infants showed insecure-avoidant attachment. Infants became severely distressed in the infant alone step, with 90% of infant-alone steps being stopped due to excessive infant anxiety. The stress aroused by the procedure went well beyond the moderate level for the Japanese infants, and some were pushed from type B to type C behaviour by the procedure.</li> <li>• The majority of the infants (68%) were classified as securely attached.</li> </ul> </p> <p><b>Conclusion</b> Attachment patterns in Japanese children differ from those found in the USA, suggesting that there are cultural differences in attachment behaviour.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• One of the first studies to apply SSP to a non-Western culture</li> <li>• Quantitative data enhances the study's reliability.</li> <li>• Qualitative observations also add in-depth data.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Limited generalisability to other cultures, as all children were from Japan</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• Some children showed distress during the study, and were not easily comforted, thus suggesting the study caused them short-term mental harm. Whether this resulted in any long-term harm is unknown.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Low ecological validity due to the highly standardised procedure, which is likely to be unusual for children to experience in real life</li> </ul>
<p><b>Oldmeadow et al. (2013)</b> ↗ (<a href="https://doi.org/10.1016/j.chb.2012.10.006">https://doi.org/10.1016/j.chb.2012.10.006</a>)</p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To investigate the relationship between Facebook use and adult attachment (anxiety and avoidant)</p> <p><b>Method</b> 617 participants. Participants completed a questionnaire.</p> <p><b>Results</b> Individuals with high anxiety used Facebook more frequently. High attachment avoidance was associated with less Facebook use.</p> <p><b>Conclusion</b> Facebook may serve attachment functions for individuals and help understanding of online communication and attachment styles.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Large number of participants increases reliability and generalisability of findings</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Only one type of social media platform was used. Adult attachment responses could be different with other platforms.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Questionnaire contained a number of areas that measured attachment, social skills and Facebook use</li> </ul>

Summary	Evaluation
<p><b>Harlow (1958)</b> [↗ (<a href="https://doi.org/10.1037/h0047884">https://doi.org/10.1037/h0047884</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate the importance of comfort versus nourishment in the development of attachment</p> <p><b>Method</b> Infant rhesus monkeys were separated from their mothers and placed into cages with a wire substitute mother that provided food and a substitute soft cloth mother that did not provide food.</p> <p><b>Results</b> The infant monkeys preferred to stay with the substitute soft cloth mother that did not provide food. When the infants were frightened by a loud noise, they would rush to the cloth mother for security and comfort.</p> <p><b>Conclusion</b> The attachment between mother and infant is not simply about feeding. It is about comfort, security and emotional support.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Findings have helped emphasise the importance of emotional attachments</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Questionable as to what extent the results can be generalised to human development</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Animals were caused deliberate distress.</li> </ul>

Summary	Evaluation
<p><b>Schaffer and Emerson (1964) ↗</b> (<a href="https://doi.org/10.2307/1165727">https://doi.org/10.2307/1165727</a>)</p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To investigate the formation and development of attachments</p> <p><b>Method</b> Longitudinal study of 60 infants from working-class families in Glasgow, Scotland. Infants and their caregivers were observed in their natural setting and caregivers were also interviewed.</p> <p><b>Results</b> Attachment in infants develops in stages.</p> <ul style="list-style-type: none"> <li>The first stage (from birth to about 2–3 months) where infants showed little preference for specific caregivers.</li> <li>By 3–6 months, infants began to develop a preference for familiar people (particularly the mother).</li> <li>Around 7–9 months, infants developed a specific attachment to one primary caregiver, usually the mother, which was characterised by separation anxiety and a preference for the primary caregiver over others.</li> <li>By the age of 18 months, most of the infants had formed multiple attachments.</li> </ul> <p><b>Conclusion</b> The study found that there were individual differences in the timing and strength of attachment. While most infants formed attachments at similar ages, there was variability in the intensity of attachment and the nature of attachments to different caregivers.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Longitudinal nature of study allowed attachment over time to be studied</li> <li>Naturalistic observations increase ecological validity.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Low population validity, as the 60 infants were all from similar backgrounds</li> <li>The families knew that they were being watched. This means that they have demonstrated demand characteristics.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The study did not track infants into later childhood or adolescence. As a result, it does not provide insights into the long-term impact of early attachment patterns on later development or relationships.</li> </ul>

Summary	Evaluation
<p><b>AlShawi and Lafta (2014)</b>  (<a href="https://doi.org/10.5339/qmj.2014.14">https://doi.org/10.5339/qmj.2014.14</a>)</p> <p><b>Location of study</b> Iraq</p> <p><b>Aim</b> To investigate the effect of childhood experiences on self-esteem</p> <p><b>Method</b> 1,000 participants, aged 18–59, completed the Adverse Childhood Experiences International Questionnaire (ACE-IQ) and a self-esteem assessment.</p> <p><b>Results</b> Negative childhood experiences, such as household dysfunction and abuse, resulted in a significant decrease in self-esteem score, whereas positive childhood experiences, such as family bonding, increased self-esteem.</p> <p><b>Conclusion</b> Childhood experiences have an essential role in building self-esteem.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Quantitative data reduces research bias.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Lack of generalisability to other cultures.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Asking participants to recall adverse childhood experiences may cause them distress. Researchers should take the necessary precautions to protect participants from psychological harm.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Self-report data may be subject to social desirability bias.</li> <li>Self-report data relied on recall of childhood experiences, which may not be fully accurate.</li> </ul>

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# 3.3 Collected research studies

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Summary	Evaluation
<p><b>Ainsworth and Bell (1970)</b>  <a href="https://doi.org/10.2307/1127388">https://doi.org/10.2307/1127388</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate childhood attachment styles</p> <p><b>Method</b> Controlled observation in which a standardised procedure is carried out while observers watch via a one-way mirror. The study uses a real-life mother and baby around the age of 1 year old. The mother leaves and then re-enters the room, and the baby's reactions are observed.</p> <p><b>Results</b> Possible to classify infants into three types of attachment styles: securely attached, insecurely attached/avoidant and insecurely attached/ambivalent.</p> <p><b>Conclusion</b> Ainsworth concluded that the way infants formed attachments early in life impacted how they build relationships in adulthood.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Controlled observation makes it replicable.</li> <li>Quantitative data enhances the study's reliability.</li> <li>Qualitative observations also add in-depth data.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Unpredictable behaviour from babies, which reduces reliability, as the behaviour in the unfamiliar lab setting might not represent their usual responses</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Low <u>ecological validity</u>, as it was a lab setting. However, it may be possible to claim some external validity, as the behaviour of mother and child could be said to reflect patterns from real-life settings.</li> </ul>

Student  
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Summary	Evaluation
<p><b>Bandura et al. (1961)</b> ↗ (<a href="https://psychclassics.yorku.ca/Bandura/bobo.htm">https://psychclassics.yorku.ca/Bandura/bobo.htm</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate whether aggression can be learned through observation and imitation</p> <p><b>Method</b> Observation</p> <p><b>Results</b> The researchers found that children from Group 1, who observed aggressive models, exhibited far more aggressive behaviours than children from Groups 2 and 3, who were exposed to non-aggressive models or to no model. The children often exhibited the exact same forms of physical and verbal behaviour that they had seen in the models.</p> <p><b>Conclusion</b> The researchers interpreted this as meaning that social learning had taken place and that similarity to role models (male or female) appeared to be a factor.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Clearly demonstrated Bandura's social learning theory</li> <li>Dual gender study</li> <li>The matched-pairs design minimised confounding variables.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Because children were used in the study, the results were not generalisable to the adult population.</li> <li><u>Demand characteristics</u> could have confounded the results. Children may have thought they were supposed to behave violently because the model did.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Children were used in the study, so parents needed to consent to their participation, which they did.</li> <li>The violence displayed, as well as the violence demonstrated by the children, was directed at inanimate objects and not humans. Therefore, it was morally acceptable.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Demand characteristics could have confounded the results. Children may have thought they were supposed to behave violently because the model did, resulting in 'false positive' results.</li> </ul>

Summary	Evaluation
<p><b>Odden and Rochat (2004) ↗</b>  <a href="https://doi.org/10.53841/bpsecp.2004.21.2.39">https://doi.org/10.53841/bpsecp.2004.21.2.39</a></p> <p><b>Location of study</b>  Samoa</p> <p><b>Aim</b>  To investigate the role of observational learning in enculturation</p> <p><b>Method</b>  28 children (4–12 years of age) were observed longitudinally in the context of their village life (family, peers, school, church and other village events)</p> <p><b>Results</b>  Children appear to learn chores by watching their parents and elder siblings. Over the course of the two-year study, the researchers never observed a parent explaining a chore to a child. In fact, the interviews revealed that most parents did not think such explicit instruction was consistent with the Samoan way.</p> <p><b>Conclusion</b>  There appears to be a specific role of observational learning in enculturation. Children appear to learn by watching their parents and older siblings.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Odden was a member of the community being studied, which allowed access that may have otherwise not been possible.</li> <li><u>Methodological triangulation</u> increases the credibility of research, as researchers can cross-verify results obtained from the different methods.</li> <li>An <u>emic approach</u> was taken to understand and interpret the behaviour from the Samoans' perspective. Naturalistic observations of children provide <u>ecological validity</u>.</li> <li>Longitudinal design allowed changes over time, in the same population of children, to be observed.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The sample is very limited to a narrow population.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Using children raises issues of parental/informed consent.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The researchers used naturalistic observation as their primary research method, and whether Odden was a participant or non-participant is unclear.</li> <li>It is unclear how the observed behaviours were recorded, which raises the expected questions about the potential for researcher bias.</li> </ul>

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These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Summary	Evaluation
<p><b>Bandura et al. (1961)</b>  <a href="https://psychclassics.yorku.ca/Bandura/bobo.htm">https://psychclassics.yorku.ca/Bandura/bobo.htm</a>.</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate whether aggression can be learned through observation and imitation</p> <p><b>Method</b> Observation</p> <p><b>Results</b> The researchers found that children from Group 1, who observed aggressive models, exhibited far more aggressive behaviours than children from Groups 2 and 3, who were exposed to non-aggressive models or to no model. The children often exhibited the exact same forms of physical and verbal behaviour that they had seen in the models.</p> <p><b>Conclusion</b> The researchers interpreted this as meaning that social learning had taken place and that similarity to role models (male or female) appeared to be a factor.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Clearly demonstrated Bandura's social learning theory</li> <li>Dual gender study</li> <li>The matched-pairs design minimised confounding variables.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Because children were used in the study, the results were not generalisable to the adult population.</li> <li>Demand characteristics could have confounded the results. Children may have thought they were supposed to behave violently because the model did.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Children were used in the study, so parents needed to consent to their participation, which they did.</li> <li>The violence displayed, as well as the violence demonstrated by the children, was directed at inanimate objects and not humans. Therefore, it was morally acceptable.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Demand characteristics could have confounded the results. Children may have thought they were supposed to behave violently because the model did, resulting in 'false positive' results.</li> </ul>

Summary	Evaluation
<p><b>Summary</b></p> <p>Berry et al. (2006) [↗ (<a href="https://doi.org/10.1111/j.1464-0597.2006.00256.x">https://doi.org/10.1111/j.1464-0597.2006.00256.x</a>)</p> <p><b>Location of study</b></p> <p>USA</p> <p><b>Aim</b></p> <p>To investigate how well young immigrants adapt to a new culture</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Participants from 26 cultural backgrounds in 13 countries took part.</li> <li>Structured questionnaires and responses were anonymous.</li> <li>The questionnaire covered a wide range of variables related to acculturation and adaptation.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>Participants in the integration profile followed the integration strategy for acculturation.</li> <li>Participants in the national profile generally followed the assimilation strategy.</li> </ul> <p><b>Conclusion</b></p> <p>Integration was the most successful acculturation strategy, as it was linked to more positive psychological and sociocultural adaptation.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study could contribute to the quality of life in countries receiving immigrants, for both nationals and immigrants.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study gathered self-report data and is therefore subject to participant expectations.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>There are no major ethical considerations in this study.</li> <li>All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of Likert scales and structured questionnaires may give a reductionist view of this complex social issue.</li> </ul>

Summary	Evaluation
<p><b>Chen et al. (2022)</b> <a href="https://doi.org/10.1002/pchj.515">https://doi.org/10.1002/pchj.515</a></p> <p><b>Location of study</b> China</p> <p><b>Aim</b> To understand the motivational factors that contribute to conformity, while accounting for both personality and other individual differences</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Experiment and questionnaire</li> <li>Ninety-seven male and female college students were recruited to participate in a common social conformity task in which they rate the attractiveness of faces.</li> <li>On a third of the trials, they received feedback that their confederates rated the individual 2–3 points higher, while on another third of the trials, they received feedback that others rated the individual 2–3 points lower.</li> <li>A questionnaire was then used to assess motivation within the task.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>The researchers concluded and corroborated claims made in other investigations that social conformity is driven by the desire to be accurate, to obtain social approval and to maintain a favourable self-concept.</li> <li>Uniquely, these findings also provided evidence that all three motivational factors can operate in a single conformity-based behaviour.</li> </ul> <p><b>Conclusion</b> This study suggests that multiple motivating factors drive social conformity. Thus, the study establishes conformity as a complex social behaviour.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study used an established social conformity task as the experimental paradigm.</li> <li>It had 97 male and female participants.</li> <li>The study connected personal motivation to the behaviour of conformity, therefore addressing its cognitive cause.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study only consisted of Chinese university students and therefore has reduced generalisability.</li> <li>The task of rating faces on a computer screen may be considered somewhat artificial.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>No ethical violations or considerations beyond the standard requirements. The researchers did state that they conformed with the Helsinki Standards of Ethical Practice.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of both the experimental procedure and survey was a clever way to establish motivational meaning to the participants' actions and provide a more detailed level of insight than simply observed behaviour.</li> </ul>

Summary	Evaluation
<p><b>Bond and Smith (1996) ↗</b>  <a href="https://psycnet.apa.org/doiLanding?doi=10.1037%2F0033-2909.119.1.111">https://psycnet.apa.org/doiLanding?doi=10.1037%2F0033-2909.119.1.111</a></p> <p><b>Location of study</b>    17 countries around the world</p> <p><b>Aim</b>    To investigate whether conformity, as measured by the Asch paradigm, is impacted by the cultural dimensions of individualism/collectivism</p> <p><b>Method</b>    Meta-analysis of 133 studies conducted across 17 countries</p> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>Collectivist countries showed higher levels of conformity than individualist countries.</li> <li>Overall, the rate of conformity has declined since Asch's original study.</li> </ul> <p><b>Conclusion</b>    This study provides evidence for cultural dimensions of collectivism and individualism, and provides evidence that these dimensions can impact the behaviour of conformity.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Cross-cultural and cross-national</li> <li>High degree of statistical power (lots of participants)</li> <li>Asch paradigm of conformity updated by addition of a cultural lens</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Meta-analysis can embed previous limitations from included studies.</li> <li>Conformity, as measured by the Asch paradigm, lacks ecological validity.</li> </ul> <p><b>Ethical considerations</b>    n/a</p> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>A meta-analysis can embed limitations that were present in the included studies.</li> <li>It is possible that selection bias exists — meaning the researchers only selected and included studies that would fit their hypothesis and yield significant results.</li> </ul>

Summary	Evaluation
<p><b>Tajfel et al. (1971) [2]</b> (<a href="https://doi.org/10.1002/ejsp.2420010202">https://doi.org/10.1002/ejsp.2420010202</a>)</p> <p><b>Location of study</b> UK</p> <p><b>Aim</b> To investigate the minimal conditions under which discrimination between social groups could be brought about</p> <p><b>Method</b> 48 schoolboys (14–15 years old), randomly allocated to either:<ul style="list-style-type: none"><li>• ‘Klee group’ or</li><li>• ‘Kandinsky group’</li></ul>The boys were asked to express their preferences for one or the other as slides of the artists’ paintings were displayed. After they had said which paintings they preferred, the boys were told (on a purely random basis) that they were in the ‘Klee group’ or the ‘Kandinsky group’. The boys were then asked to allocate points (worth one-tenth of a penny each). Such allocation was done anonymously.</p> <p><b>Results</b> When the boys had the choice between maximising the profit for all and maximising the profit for their own group, they chose the latter.</p> <p><b>Conclusion</b> This is evidence of blatant discrimination associated with the categorisation of the boys into apparently meaningless social groups.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The study effectively established the bare minimum for group membership.</li> <li>• The study clearly illustrated ingroup bias in the context of resource competition.</li> <li>• It starkly illustrated the occurrence of ingroup bias as a result of very insignificant distinctions and minimal emotional involvement.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The study was conducted on 14–15-year-old boys, so the results cannot be extrapolated or generalised to a broader population.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• The research was conducted on participants under the age of 18, and parents would have had to give their consent to participation.</li> <li>• Deception was used to hide the true aim from participants.</li> <li>• All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• The study was conducted in a lab; therefore, it had high levels of control over variables. This means it lacked both ecological validity and mundane realism.</li> </ul>

Summary	Evaluation
<p><b>Cialdini et al. (1975)</b> <a href="https://doi.org/10.1037/h0076284">https://doi.org/10.1037/h0076284</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate the rate of compliance to a reduced request after the refusal of an initial larger request</p> <p><b>Method</b> Three conditions:   <b>1. Rejection—moderation condition</b> The participant was asked and refused the first request (which was to volunteer at a detention centre for juvenile delinquents for two hours per week for two years) and was then asked a smaller favour.   <b>2. Smaller request-only control</b> The participant was asked only the smaller request.   <b>3. Exposure control</b> The participant was described the big request and then asked for the smaller favour.</p> <p><b>Results</b>  <ul style="list-style-type: none"> <li>• Group 1: Large request then small request showed 50% compliance</li> <li>• Group 2: Small request only showed 16.7% compliance</li> <li>• Group 3: Both requests at once showed 25% compliance</li> </ul> <p><b>Conclusion</b> A smaller request after a bigger request <i>does</i> improve compliance. Reciprocity has to be induced by an initial refusal (the door-in-the-face) and subsequent modification of the first request.</p> </p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• The study illustrates the ‘door-in-the-face’ compliance technique.</li> <li>• The results have implications for other areas of research, such as economics and marketing.</li> <li>• Researchers used a single-blind procedure, which minimises demand characteristics.</li> <li>• Reciprocity was effectively isolated by the use of a second researcher to make the second request. Compliance was much lower in this variation.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Arguably, compliance changed for reasons other than door-in-the-face, though it's not clear what these might be.</li> <li>• Limited generalisability because door-in-the-face was only tested for face-to-face prosocial requests from a same-sex requester</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Ecologically valid as the experiment simulated a real-world situation</li> </ul>

Summary	Evaluation
<p><b>Asch (1956)</b> <a href="https://doi.org/10.1037/h0093718">(https://doi.org/10.1037/h0093718)</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To test conformity to the majority incorrect opinion in an unambiguous situation</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Fifty male students from Swarthmore College in the USA participated in a 'vision test.'</li> <li>Using a line judgement task, Asch put a naive participant in a room with seven confederates.</li> <li>Eight participants were seated around a table, with the seating plan carefully constructed to prevent any suspicion on the part of the naive participant that the others were confederates.</li> <li>The task was to estimate which of the three vertical lines drawn on one card matched the single vertical line on the other card.</li> <li>The participants answered one at a time, and, on some occasions, the confederates unanimously gave an obviously wrong answer.</li> <li>In the original 1951 experiment, there were 18 trials in total and the confederates gave the wrong answer on 12 trials (called the critical trials).</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>On average, about 32% of the participants who were placed in this situation went along and conformed with the clearly incorrect majority on the critical trials.</li> <li>Over the 12 critical trials, around 75% of participants conformed at least once and 25% of participants never conformed.</li> <li>In the control group, with no pressure to conform to confederates, less than 1% of participants gave the wrong answer.</li> <li>When participants were interviewed after the experiment, most of them said that they did not really believe their conforming answers but had gone along with the group for fear of being ridiculed.</li> </ul> <p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>People conform for two main reasons: because they want to fit in with the group (normative influence) and because they believe the group is better informed than they are (informational influence).</li> <li>Asch repeated the experiment over the years, changing the procedure (including the independent variables) in order to investigate which factors influenced conformity. He found that the size of the group, the status of the group, whether a confederate changed their mind and agreed with the naive participant, the difficulty of the task, and being allowed to answer privately all affected conformity rates.</li> </ul>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Normative conformity was clearly illustrated.</li> <li>The study is easily reproducible.</li> <li>The simplicity and obviousness of the task starkly illustrated the ease and willingness of people to conform.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study was conducted with only university-aged men, and therefore is not generalisable to a broader population.</li> <li>The simple design is also a limitation, as participants may not have seen any negative aspect of conforming. The study lacks ecological validity.</li> <li>The study is old. This is a major limitation, as American culture has changed a great deal since then, and it is now established that culture can have a major impact on behaviour.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>The participants were deceived and may have felt mild emotional discomfort as an 'outsider.' However, this is not a major ethical concern.</li> <li>All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The study's results neglected to be replicated at such an extreme in other cultures, therefore further illustrating its limitations relative to generalisability.</li> </ul>

Summary	Evaluation
<p><b>Freeman and Fraser (1966)</b> ↗ (<a href="https://doi.org/10.1037/h0023552">https://doi.org/10.1037/h0023552</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate compliance techniques (foot-in-the-door)</p> <p><b>Method</b> Psychologists contacted female homemakers and asked about household products.  Three days later, the women received another call asking whether a team of men could search their cupboards as part of a two-hour investigation into their household products.</p> <p><b>Results</b> Women who had participated in a phone call were more likely to agree to a two-hour request compared to those who just received a larger (two-hour) request.</p> <p><b>Conclusion</b> Larger requests are more likely to be accepted when presented by the same person that has previously made a smaller request.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>One of the first studies to investigate compliance techniques</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Questions about whether the research was truly investigating foot-in-the-door or self-perception theory, which is similar.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Demand characteristics may have influenced the women's responses to the first phone call rather than the actual request.</li> </ul>
<p><b>Dolin et al. (1995)</b> ↗ (<a href="https://doi.org/10.1207/s15327027hc0701_4">https://doi.org/10.1207/s15327027hc0701_4</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate the impact of foot-in-the-door (FITD) on cancer prevention</p> <p><b>Method</b> Sixty-seven women were assigned to either the treatment or control condition. All completed a survey after being asked to schedule a gynaecological examination. Two-stage communication strategy: <ol style="list-style-type: none"> <li>Treatment group: A request is made that the receiver complies with (They are given a free vision test and breast self-examination card.)</li> <li>Control: Attend appointment but no additional support</li> </ol> </p> <p><b>Results</b> The treatment group were more likely to seek out support for preventative healthcare.</p> <p><b>Conclusion</b> Practical application of FITD and supported preventative treatments for cancer</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study has practical applications to help support females with preventative health benefits.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The sample was relatively small, so it is not possible to easily generalise findings from the study.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Other factors outside of the study could have influenced the women's decisions to seek a gynaecological examination.</li> </ul>

Summary	Evaluation
<p><b>Guéguen et al. (2016) ↗</b>  <a href="https://doi.org/10.1057/cpcs.2015.20">https://doi.org/10.1057/cpcs.2015.20</a></p> <p><b>Location of study</b>    France</p> <p><b>Aim</b>    To investigate FITD through a bystander's reaction to a theft</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• Field experiment</li> <li>• Male confederate seated alone with a suitcase on the ground</li> <li>• FITD condition: The confederate asked a participant for the time and left to go to the bar.</li> <li>• Control condition: No initial verbal contact.</li> <li>• After 20 seconds, a second confederate took the suitcase and then left.</li> </ul> <p><b>Results</b>    More participants in the FITD condition intervened to stop the theft (84%) compared to the control condition (47%).</p> <p><b>Conclusion</b>    Social responsibility activation was used to explain the results. Findings could be used to support crime prevention.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• There are practical applications, such as encouraging public involvement in crime prevention.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Only male confederates were used; participants may have responded differently to female confederates.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> <li>• There are various ethical considerations, such as lack of informed consent and right to withdraw.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• Real participants may have suspected the aims of the study, leading to demand characteristics.</li> </ul>

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8. Collected research studies / 8.4 Human relationships

## 4.2 Collected research studies

### Section

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### Teacher instructions

These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

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Summary	Evaluation
<p><b>Tversky and Kahneman (1981)</b>  <a href="https://doi.org/10.1126/science.7455683">https://doi.org/10.1126/science.7455683</a>.</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate framing effects</p> <p><b>Method</b> 307 participants were given a questionnaire framing an imaginary outbreak of a disease:</p> <ul style="list-style-type: none"> <li>1. A programme that would certainly save 200 people, or another programme that might save 600 or none at all</li> <li>2. A programme that would certainly leave 400 to die, or another programme that might leave 600 to die or none at all.</li> </ul> <p><b>Results</b> The first group preferred the certainty that 200 people would be saved. Participants in the second group preferred the second programme.</p> <p><b>Conclusion</b> A framing effect was apparent. Intuitive judgements rely on situations where problems are framed in terms of certainty.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• It has applications to the role of rational thinking in economic theory.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• Studies like this are focused on narrow judgements and are therefore not 'wide' enough to account for the scope of intuitive thinking.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• The experiment was conducted in an ethical manner.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• The independent variables operationalised to measure framing effects.</li> <li>• The questionnaire limited the influence of extraneous variables.</li> <li>• Participant responses to an imaginary disease outbreak on a questionnaire may well differ from real-life responses to an actual disease outbreak. Therefore, the ecological validity may be limited.</li> </ul>



Student  
view

Summary	Evaluation
<p><b>Sherif et al. (1954/1961) ↗</b>  <a href="https://psychclassics.yorku.ca/Sherif/index.htm">https://psychclassics.yorku.ca/Sherif/index.htm</a>.</p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate realistic group conflict theory</p> <p><b>Method</b>    Two groups of boys (the 'Eagles' and the 'Rattlers'). They were manipulated into competition with one another and then cooperating (superordinate goals). This took place over a period of three weeks.</p> <p><b>Results</b>    When the boys had to cooperate, there were many more friendships between the two groups, even though some residual hostility lingered due to the previous competition.</p> <p><b>Conclusion</b>    This research demonstrated that increasing conflict escalates hostility, increases stereotypes and reduces interaction between groups.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>It demonstrates how realistic group conflict over limited resources may lead to conflict.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>A later body of research has challenged realistic group conflict theory by demonstrating that conflict doesn't necessarily have to be realistic. In fact, some situations are better explained by perceived conflict rather than realistic conflict.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of a naturalistic study increases the ecological validity of this study.</li> </ul>
<p><b>Wong and Hong (2005) ↗</b>  <a href="https://doi.org/10.1111/j.0956-7976.2005.01552.x">https://doi.org/10.1111/j.0956-7976.2005.01552.x</a>.</p> <p><b>Location of study</b>    Hong Kong</p> <p><b>Aim</b>    To investigate priming using cultural symbols and the impact on the prisoner's dilemma</p> <p><b>Method</b>    They used an experimental and quasi-experimental design on over 170 Chinese-American students in Hong Kong.     <ul style="list-style-type: none"> <li>Control condition — participants were shown geometric shapes (e.g. a hexagon).</li> <li>Experimental condition(s) — participants were primed with Chinese cultural symbols (e.g. a dragon) or American cultural symbols (e.g. the USA flag).</li> </ul> </p> <p><b>Results</b>    Chinese cultural priming (e.g. dragon) increased cooperation between friends. However, cooperation was lower towards strangers after both Chinese and American cultural priming.</p> <p><b>Conclusion</b>    Culture may influence cooperation and competition.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Culture may influence cooperation (collectivist cultures are more cooperative than individualistic cultures).</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The sample was limited to Chinese-American students in Hong Kong. Thus, generalisability is limited.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Experimental and quasi-experimental design supports triangulation of the method.</li> </ul>

Summary	Evaluation
<p><b>Kosfeld et al. (2005) ↗  <a href="https://doi.org/10.1038/nature03701">https://doi.org/10.1038/nature03701</a></b></p> <p><b>Location of study</b>    Switzerland</p> <p><b>Aim</b>    To investigate the relationship between oxytocin and trust / social risk</p> <p><b>Method</b>    49 participants. They were administered oxytocin or a placebo through an intranasal spray. They had an fMRI to establish any correlation between increased oxytocin activity in the brain.</p> <p>There were two sets of data:</p> <ol style="list-style-type: none"> <li>1. fMRI results</li> <li>2. Behavioural investment rate data.</li> </ol> <p><b>Results</b>    These were consistent with previous research where oxytocin has been administered in this way.</p> <p><b>Conclusion</b>    Oxytocin plays an essential role in prosocial behaviour.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Participants were blind to whether they received oxytocin or not, which reduces demand characteristics.</li> <li>• A laboratory experiment, and so it can be replicated.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The lab setting reduces ecological validity.</li> <li>• It is difficult to determine if 'trust' was being measured or something else (e.g. lack of fear).</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• fMRI technology is expensive to use.</li> <li>• Administering oxytocin through a spray does not reflect natural physiological processes.</li> </ul>
<p><b>Mallick et al. (2023) ↗  <a href="https://doi.org/10.1080/0144929X.2023.2277909">https://doi.org/10.1080/0144929X.2023.2277909</a></b></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate human—AI teams in completion of task objectives</p> <p><b>Method</b>    47 interviews assessing how human—human team structures and human—AI team structures work together to complete a task</p> <p><b>Results</b>    Integrating emotions into AI teammates had a positive impact on human perceptions of the technology.</p> <p><b>Conclusion</b>    AI emotional expression could help provide social support in human—AI teams in the future.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Research into AI is in its infancy, and so there is lots of potential for this area.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>• The sample was small, which limits generalisability.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>• All researchers conducting studies within the field of psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>• AI technology is still developing. It may be some time before it can be used to support human teams.</li> </ul>

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# 4.3 Collected research studies

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These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

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Summary	Evaluation
<p><b>Hazan and Shaver (1987)</b>   <a href="https://psycnet.apa.org/doiLanding?doi=10.1037%2F0022-3514.52.3.511">https://psycnet.apa.org/doiLanding?doi=10.1037%2F0022-3514.52.3.511</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate childhood attachment styles and adult romantic/social relationships</p> <p><b>Method</b> Analysis of over 620 responses to a survey distributed in newspapers to measure childhood attachment and views of adult relationships</p> <p><b>Results</b> Respondents who were securely attached as children were more likely to have lasting and satisfying relationships as an adult.  Conversely, those respondents who identified as insecurely attached were more likely to find relationships challenging, and more were likely to be divorced.</p> <p><b>Conclusion</b> Experiences in childhood influenced attitudes to love and social relationships in adulthood.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Standardised survey and procedure</li> <li>Quantitative data enhances reliability of the study.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Sample could have been self-selecting, reducing the validity of the results</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>No qualitative data collected in the first study to help explain views of adult relationships (there was a second follow-up study conducted)</li> </ul>

Summary	Evaluation
<p><b>Ainsworth and Bell (1970)</b> ↗ (<a href="https://doi.org/10.2307/1127388">https://doi.org/10.2307/1127388</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate childhood attachment styles</p> <p><b>Method</b> Controlled observation in which a standardised procedure is carried out while observers watch via a one-way mirror. The study uses a real-life mother and baby around the age of 1 year old. The mother leaves and then re-enters the room and the baby's reaction is observed.</p> <p><b>Results</b> Possible to classify infants into three types of attachment styles: securely attached, insecurely attached/avoidant and insecurely attached/ambivalent.</p> <p><b>Conclusion</b> Ainsworth concluded that the way infants formed attachments early in life impacted how they build relationships in adulthood.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Controlled observation makes it replicable.</li> <li>Quantitative data enhances the study's reliability.</li> <li>Qualitative observations also add in-depth data.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Unpredictable behaviour from babies, which reduces reliability, as the behaviour in the unfamiliar lab setting might not represent their usual responses</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Low ecological validity, as it was a lab setting. However, it may be possible to claim some external validity, as the behaviour of mother and child could be said to reflect patterns from real-life settings.</li> </ul>

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8. Collected research studies / 8.5 Learning and cognition

# 5.1 Collected research studies

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These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

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Summary	Evaluation
<p><b>Dallery et al. (2017)</b>  (<a href="https://doi.org/10.1111/add.13715">https://doi.org/10.1111/add.13715</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To evaluate the effectiveness and acceptability of an internet-based contingency management (CM) programme</p> <p><b>Method</b> A randomised control trial recruited 94 smokers (mean age 36, 56% female) from 26 US states. Participants were randomised into two groups: abstinence contingent (AC), earning financial incentives for video-verified abstinence, or submission contingent (SC), earning incentives for submitting carbon monoxide (CO) samples. Both groups followed a CO-based goal-setting programme, and abstinence was assessed at four weeks, three months and six months.</p> <p><b>Results</b> At four weeks, abstinence rates were higher in the AC group (39.6%) than the SC group (13.0%). Differences were not significant at three or six months.</p> <p><b>Conclusion</b> Internet-based CM using financial incentives significantly increased short-term smoking abstinence compared to goal-setting alone.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>High generalisability, as there were participants from across the US</li> <li>Randomised controlled trial strengthens the validity of the results by minimising selection bias and allowing for causal inferences</li> <li>The use of CO testing provided an objective measure of smoking abstinence, reducing reliance on self-reported data.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study primarily assessed short-term abstinence rates, with limited data on long-term smoking cessation outcomes.</li> <li>Participants who volunteered for the study may have been more motivated to quit smoking, limiting the generalisability.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants were likely informed about the study's purpose and procedures, ensuring informed consent.</li> <li>While financial incentives can be effective, they may also lead to undue pressure on participants, especially those with financial difficulties.</li> </ul>



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Summary	Evaluation
<p><b>Diemand-Yauman, Oppenheimer and Vaughan (2011)</b> ↗ (<a href="https://doi.org/10.1016/j.cognition.2010.09.012">https://doi.org/10.1016/j.cognition.2010.09.012</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate whether introducing disfluency — making educational materials slightly more difficult to read — can enhance learning and retention</p> <p><b>Method</b> Participants read passages about extra-terrestrials presented in either easy-to-read or hard-to-read fonts. They were then tested on their recall of the information.</p> <p><b>Results</b> Both studies found that participants exposed to disfluent (hard-to-read) fonts demonstrated better retention and recall of the material compared to those who read the same content in fluent (easy-to-read) fonts.</p> <p><b>Conclusion</b> Introducing disfluency into educational materials can serve as a 'desirable difficulty,' prompting deeper cognitive processing and thereby improving learning outcomes.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study introduces a novel method to enhance learning by manipulating the readability of text.</li> <li>The use of controlled laboratory settings and real-world classroom environments strengthens the validity of the findings.</li> <li>The results suggest simple, cost-effective strategies for educators to improve student learning.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study focuses primarily on font readability, which may not encompass all factors influencing learning.</li> <li>The studies primarily assess immediate recall, with limited data on long-term retention.</li> <li>The studies may not account for individual differences in reading abilities or preferences.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>The study likely maintained participant confidentiality, especially given the educational context.</li> <li>While disfluency can enhance learning, it may also increase cognitive load, potentially causing frustration for some learners.</li> </ul>
<p><b>Piksa et al. (2024)</b> ↗ (<a href="https://doi.org/10.3389/fpubh.2024.1414864">https://doi.org/10.3389/fpubh.2024.1414864</a>)</p> <p><b>Location of study</b> Europe</p> <p><b>Aim</b> To explore whether increasing awareness of confirmation bias can reduce individuals' susceptibility to misinformation</p> <p><b>Method</b> Participants were either informed about confirmation bias or not, and then presented with both biased and neutral information. Their responses to misinformation were analysed before and after exposure.</p> <p><b>Results</b> Those aware of confirmation bias were less likely to accept misinformation compared to those who were not.</p> <p><b>Conclusion</b> Awareness of confirmation bias can help individuals critically evaluate information, reducing the impact of misinformation.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study provides valuable insights into how awareness of confirmation bias can reduce susceptibility to misinformation.</li> <li>It uses a clear experimental design and directly assesses participants' responses to biased information.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study may have limitations in generalisability, as the sample size or context may not reflect broader populations or real-world settings.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants were likely informed of the study's purpose, ensuring informed consent. However, careful attention would be needed to avoid any psychological harm from exposing participants to misinformation.</li> </ul>

Summary	Evaluation
<p><b>Summary</b></p> <p><b>Ly et al. (2023) ↗</b> <a href="https://doi.org/10.1001/jamainternmed.2023.2366">https://doi.org/10.1001/jamainternmed.2023.2366</a></p> <p><b>Location of study</b></p> <p>USA</p> <p><b>Aim</b></p> <p>To examine how physicians' initial diagnoses can influence their decision-making, potentially leading to delayed diagnosis of conditions like pulmonary embolism (PE) in patients with congestive heart failure (CHF)</p> <p><b>Method</b></p> <p>This cross-sectional study analysed data from 108,000 patients with CHF who presented to emergency departments with shortness of breath between 2011 and 2018. Researchers compared cases where the visit reason mentioned CHF to those with broader descriptions, assessing the likelihood of PE testing based on the initial documentation.</p> <p><b>Results</b></p> <p>Physicians were less likely to test for PE when the initial documentation mentioned CHF, indicating that the initial diagnosis influenced subsequent decision-making.</p> <p><b>Conclusion</b></p> <p>Anchoring bias, where initial information disproportionately influences decision-making, can lead to delayed diagnosis of critical conditions like PE in patients with CHF. Recognising and mitigating this bias is essential for improving diagnostic accuracy.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study's extensive dataset enhances the reliability and generalisability of the findings.</li> <li>By analysing actual clinical data, the study provides insights into everyday medical decision-making processes.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>As a cross-sectional study, it cannot establish causality between initial documentation and subsequent testing decisions.</li> <li>The study may not account for all variables influencing physicians' decisions, such as patient history or clinical presentation.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Ensuring patient confidentiality and secure handling of medical records is crucial.</li> <li>While retrospective studies often use de-identified data, obtaining consent for the use of patient information is an ethical requirement.</li> </ul>

Summary	Evaluation
<p><b>Alter et al. (2007)</b> ↗ (<a href="https://doi.org/10.1037/0096-3445.136.4.569">https://doi.org/10.1037/0096-3445.136.4.569</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate whether certain environmental augmentations can induce System 2 thinking</p> <p><b>Method</b> Four different laboratory experiments were conducted:  Experiments (1) and (4) investigated the impact of hard-to-read font on accurate responses to logic problems. Experiment (3) investigated the impact of furrowing one's brow on accurate responses, and experiment (2) investigated reliance on peripheral clues.</p> <p><b>Results</b> All four experiments supported the conclusion that disfluency engages metacognition, which seems to activate System 2 levels of reasoning. This reasoning can assess and sometimes correct the output of System 1's initial response.</p> <p><b>Conclusion</b> We can activate System 2 through environmental 'speed bumps' of cognition, such as presenting information in a hard-to-read font or requiring additional metacognitive steps.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The experiments added insight and additional perspectives regarding system thinking.</li> <li>Results triangulate the existence of dual processing (System 1 and System 2).</li> <li>The use of four different experiments with slightly different procedures serves to triangulate each one and increase validity.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Laboratory experiment introduces artificiality and therefore may lack ecological validity. Although we encounter logic problems in real life, we are most often faced with 'problems' that are less concrete.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul>

Summary	Evaluation
<p><b>Keysar, Hayakawa and An (2012) ↗</b>  <a href="https://doi.org/10.1177/0956797611432178">https://doi.org/10.1177/0956797611432178</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate whether the framing effect can be reduced through the presentation of information in a foreign language</p> <p><b>Method</b>    In this repeated measures laboratory experiment, participants were presented with a series of slightly opaque economic proposals in either their main language (independent variable — IV) or a second language (IV).    The dependent variable (DV) was whether or not they selected the riskier option for economic gain or loss.</p> <p><b>Results</b>    The framing effect disappeared when choices were presented in a second language.    Participants were risk-averse for gains and risk-seeking for losses when choices were presented in their main language. This framing manipulation did not influence them in a second language.</p> <p><b>Conclusion</b>    The presentation of information in a second language requires the brain to slow down and, therefore, engage System 2. Doing so makes the mind less prone to System 1 bias.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study added insight and additional perspectives regarding system thinking.</li> <li>Results triangulate the existence of dual processing (System 1 and System 2), as they demonstrate more ‘logical’ reasoning when information is presented in a second language.</li> <li>The study used a clever and novel way of getting the mind to slow down.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Laboratory experiment introduces artificiality and, therefore, may lack ecological validity</li> <li>While people do frequently face economic questions, such as budget and investment choices, these are often presented to them in their first language. However, the study suggests that those individuals who are living and engaging in investment behaviour in their second language may find they make more rational economic choices in that language.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines.</li> </ul>

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# 5.2 Collected research studies

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These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list and you are encouraged to use other research studies that are relevant.

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Summary	Evaluation
<p><b>Loftus and Palmer (1974)</b>  (<a href="https://doi.org/10.1016/S0022-5371(74)80011-3">https://doi.org/10.1016/S0022-5371(74)80011-3</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate whether the wording of questions about an event could create false memories, specifically of non-existent broken glass</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Participants watched a video of a car accident.</li> <li>They were asked about the speed of the cars using verbs such as 'smashed' or 'hit'.</li> <li>A week later, they were asked if they had seen broken glass in the accident (there was none).</li> </ul> <p><b>Results</b> Participants who heard 'smashed' were more likely to report seeing broken glass than those who heard 'hit' or those who were not asked about speed.</p> <p><b>Conclusion</b> The phrasing of questions can distort memory, leading to the formation of false memories.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Controlled experimental design allowed for clear cause-and-effect conclusions.</li> <li>Practical implications for eyewitness testimony reliability.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Artificial laboratory setting may reduce ecological validity.</li> <li>Participants may have been influenced by demand characteristics.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Minimal risk involved, but participants may have experienced slight distress from watching accident footage</li> <li>Full debriefing was necessary to clarify the purpose of the study and eliminate any misconceptions.</li> </ul>

Summary	Evaluation
<p><b>Paterson and Kemp (2006)</b> ↗ (<a href="https://doi.org/10.1002/acp.1261">https://doi.org/10.1002/acp.1261</a>)</p> <p><b>Location of study</b> Australia</p> <p><b>Aim</b> To investigate the influence of co-witness discussions on the accuracy of eyewitness memory</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Participants viewed a simulated crime event individually.</li> <li>They were then exposed to misleading information through one of three methods: <ul style="list-style-type: none"> <li>Co-witness discussion (interactive conversation with another 'witness').</li> <li>Written narratives (misleading information presented as a written account).</li> <li>Media exposure (misleading details presented via media).</li> </ul> </li> <li>A control group received no misleading information.</li> <li>Participants were later asked to recall the event and answer specific questions about it.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>Participants exposed to misleading information through co-witness discussions were more likely to incorporate false details into their recall compared to the other methods. These participants were highly confident in their responses.</li> <li>Written narratives and media exposure also led to memory distortions but to a lesser extent.</li> <li>The control group, which did not encounter misleading information, had the most accurate recall.</li> </ul> <p><b>Conclusion</b> Co-witness discussion is a particularly powerful source of post-event information and can significantly distort eyewitness memory.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study provides insight into how post-event information affects eyewitness memory, which has significant implications for legal procedures.</li> <li>By testing multiple methods of exposure to misleading information, the study isolates the influence of co-witness discussion relative to other sources.</li> <li>The simulated crime scenario mirrors real-life situations, making the findings applicable to forensic settings.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Watching a simulated crime may not evoke the same emotional and cognitive processes as witnessing a real-life crime, which might influence memory.</li> <li>Participants might have guessed the study's aim and altered their responses accordingly, particularly in the co-witness discussion condition.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Misleading information was intentionally introduced, but participants were debriefed afterwards to clarify the study's purpose and address any misconceptions.</li> <li>Care was taken to ensure that the simulated crime was not overly distressing.</li> </ul>

Summary	Evaluation
<p><b>Loftus and Pickrell (1995) ↗</b> <a href="https://doi.org/10.3928/0048-5713-19951201-07">https://doi.org/10.3928/0048-5713-19951201-07</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate the reliability of memory by determining if false memories of being lost in a shopping mall could be implanted</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Participants were presented with four childhood stories, one of which was false.</li> <li>The false memory involved being lost in a mall and rescued by an elderly stranger.</li> <li>Participants were asked to recall details about each story over several interviews.</li> </ul> <p><b>Results</b> About 25% of participants ‘remembered’ the false memory, often adding detailed but fabricated elements</p> <p><b>Conclusion</b> False memories can be implanted through suggestion, demonstrating the malleability of human memory.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Practical application in understanding memory reliability, particularly in legal contexts</li> <li>Novel insight into how suggestion affects memory formation</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Small sample size limits generalisability</li> <li>False memory creation may not generalise to more significant or traumatic memories</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Potential distress from realising a memory was fabricated</li> <li>Full debriefing ensured participants understood the nature of the experiment</li> </ul>

Summary	Evaluation
<p><b>Luan et al. (2022)</b> [↗] (<a href="https://doi.org/10.3389/fpsyg.2021.740829">https://doi.org/10.3389/fpsyg.2021.740829</a>)</p> <p><b>Location of study</b> China</p> <p><b>Aim</b> To investigate the effect of mental imagery-based mnemonic training on improving working memory and long-term memory</p> <p><b>Method</b> The experimental group of students aged 10–16 received 8 days of training in the use of cognitive-based visual mnemonics.</p> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>The training significantly increased long-term memory-related task performance. However, no statistically significant increase in working memory capacity was observed.</li> <li>Researchers also found that, post-experiment, participants most frequently used their newly learned memory techniques for learning music, Chinese and English.</li> </ul> <p><b>Conclusion</b> Mental imagery-based mnemonics are an effective strategy for increasing long-term memory of stimuli.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Researchers conducted pre-, post- and follow-up tests (three months after experiment), which increased the validity of measuring long-term memory retention.</li> <li>Equal distribution of genders</li> <li>Used school-aged population, which was relevant to the aim</li> <li>Conducted three different experiments to triangulate results</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Relatively small sample sizes of less than 60 participants in each of the three experiments</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>There were no serious ethical considerations involved in this study. It could be argued that students who were in the control condition and did not receive training on visual mnemonics 'suffered' via not acquiring this useful memory skill.</li> <li>While not giving the treatment to participants in the control condition can be considered unethical in cases of medical necessity, being able to remember things extra well is not considered a fundamental need or right.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>Despite relatively small sample sizes in each of the four experiments, the triangulation of the results helps validity.</li> <li>The population was Chinese youth, thus limited generalisation</li> </ul>

Summary	Evaluation
<p><b>Landry and Bartling (2011)</b> ↗  <a href="https://www.mcneese.edu/wp-content/uploads/2020/08/AJPR-11-07-Landry-5-09.pdf">https://www.mcneese.edu/wp-content/uploads/2020/08/AJPR-11-07-Landry-5-09.pdf</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate how articulatory suppression affects recall of phonologically similar letters</p> <p><b>Method</b>    Participants were shown lists of dissimilar letters and asked to recall them. The experimental group performed articulatory suppression (repeating '1,2') until recall, while the control group did not.</p> <p><b>Results</b>    The experimental group showed reduced recall accuracy, indicating that articulatory suppression interfered with verbal memory processing.</p> <p><b>Conclusion</b>    The study concluded that articulatory suppression disrupts the phonological loop.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The controlled environment allows for high internal validity, as variables like articulatory suppression were carefully manipulated.</li> <li>The use of an independent group design minimises the risk of order effects and ensures that the results reflect the impact of articulatory suppression on memory.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The artificial nature of the task (recalling lists of letters) does not reflect real-world memory processes, lowering ecological validity.</li> <li>Using university students limits the generalisability of the findings, as the sample may not represent the broader population.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines. The experiment tested memory recall and all ethical requirements were adhered to.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of the between group (independent measures) design was a limitation, as it introduced the confound of memory differences between the two groups. Participants were randomly assigned to the groups in an attempt to minimise this confound. However, a repeated measures design would strengthen validity.</li> </ul>

Summary	Evaluation
<p><b>Maguire et al. (2000) [2]</b>  <a href="https://doi.org/10.1073/pnas.070039597">https://doi.org/10.1073/pnas.070039597</a></p> <p><b>Location of study</b>    UK</p> <p><b>Aim</b>    To investigate whether structural differences in the brains of taxi drivers were associated with their extensive spatial navigation experience</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Structural magnetic resonance imaging (MRI) scans were conducted on London taxi drivers and control participants.</li> <li>The volume of the hippocampus was measured and compared between the two groups.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>Taxi drivers had significantly larger posterior hippocampus and smaller anterior hippocampus compared to controls.</li> <li>A positive correlation was found between years of taxi-driving experience and hippocampal volume.</li> </ul> <p><b>Conclusion</b>    The hippocampus is involved in spatial memory and navigation, and its structure can change in response to environmental demands and experience.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Non-invasive imaging technique provided precise structural data</li> <li>Strong ecological validity due to the real-world expertise of taxi drivers</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Correlational design cannot establish causation (for example, whether driving causes hippocampal changes or whether people with a larger hippocampus are more likely to become taxi drivers)</li> <li>Small sample size limits generalisability</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants provided informed consent and were not subjected to harm.</li> <li>Confidentiality of brain imaging data was maintained</li> </ul>

Summary	Evaluation
<p><b>Scoville and Milner (1957)</b>  (<a href="https://doi.org/10.1136/jnnp.20.1.11">https://doi.org/10.1136/jnnp.20.1.11</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate the effects of hippocampal damage on memory and to understand the role of the hippocampus in memory formation</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Case study of patient H.M., who underwent bilateral medial temporal lobe resection to treat epilepsy</li> <li>Data collected through interviews, cognitive tests, direct observations and later neuroimaging techniques</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>H.M. experienced profound anterograde amnesia (inability to form new memories) but retained procedural memory and memories from before the surgery.</li> <li>His short-term memory was intact, but he could not transfer information into long-term declarative memory.</li> </ul> <p><b>Conclusion</b> The hippocampus is crucial for the transfer of short-term memories to long-term declarative memory storage but is not necessary for procedural memory.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Provided groundbreaking insight into the localisation of brain function and memory systems</li> <li>Use of triangulation (multiple methods of data collection) enhanced validity</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Single case study limits generalisability</li> <li>Lack of pre-surgery baseline data makes it difficult to fully attribute memory deficits to the surgery alone</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>H.M. could not provide informed consent due to his memory impairment; ongoing consent procedures were critical.</li> <li>Researchers needed to protect H.M.'s privacy and ensure no harm resulted from the study.</li> </ul>

Summary	Evaluation
<p><b>Sparrow et al. (2011)</b>  (<a href="https://doi.org/10.1126/science.1207745">https://doi.org/10.1126/science.1207745</a>)</p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate whether people are more likely to remember information if they expect it to be erased, or forget it if they believe it will be saved</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Participants were presented with 40 trivia statements (e.g. ‘An ostrich’s eye is bigger than its brain’).</li> <li>After reading each statement, participants were told to type it into a computer.</li> <li>Half of the participants were informed the information would be saved, while the other half were told it would be erased.</li> <li>Moreover, half of the participants in each condition were told to remember the information.</li> <li>They were then tested on their memory of the trivia facts.</li> </ul> <p><b>Results</b> Participants who believed the information would be erased remembered significantly more statements than those who believed the information would be saved.</p> <p><b>Conclusion</b> The results suggest that people tend to offload memory tasks to external storage (e.g. computers) when they believe the information will be accessible later.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The study addresses a modern phenomenon — the reliance on digital tools for memory storage — making its findings highly applicable to real-world contexts.</li> <li>The study establishes a clear cause-and-effect relationship between expectations about information storage and memory retention.</li> <li>The study introduces the concept of ‘cognitive offloading,’ which expands our understanding of how memory operates in the digital age.</li> <li>The clear and straightforward procedure allows for replication and validation of findings by other researchers.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The experimental tasks (e.g. typing trivia statements) may not fully reflect how people interact with information in everyday digital contexts.</li> <li>Participants might have been influenced by demand characteristics, attempting to remember information because they knew they were part of a memory study.</li> <li>The study assesses memory in the short-term, leaving questions about the long-term effects of cognitive offloading unanswered.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants should have been fully informed about the nature of the study and their role in it.</li> <li>If participants were not made aware of the true aim of the study, to avoid bias, this needs to have been justified, and a thorough debriefing should have occurred afterwards.</li> </ul>

Summary	Evaluation
<p><b>Moisala et al. (2017) ↗ (<a href="https://doi.org/10.1016/j.brainres.2016.10.027">https://doi.org/10.1016/j.brainres.2016.10.027</a>)</b></p> <p><b>Location of study</b> Finland</p> <p><b>Aim</b> To investigate the relationship between gaming activity and working memory performance, as well as brain activity</p> <p><b>Method</b> A total of 167 participants aged 13–24 years, with varying amounts of gaming experience, were recruited and performed an <i>n</i>-back working memory task, switching randomly between auditory and visual inputs. Functional magnetic resonance imaging (fMRI) was used to measure brain activity during the task.</p> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>Daily gaming activity was positively correlated with both accuracy and speed during the harder 2-back level of the working memory task.</li> <li>Increased activation of the prefrontal cortex was also observed.</li> <li>During the less demanding 1-back level, higher gaming activity was associated with decreased activity in the same cortical regions.</li> </ul> <p><b>Conclusion</b> Greater daily gaming experience is linked to enhanced working memory performance and adaptive changes in the prefrontal cortex brain activity, based on task difficulty.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Large sample size of 167 participants</li> <li>Using an fMRI ensures objective measurement of brain activity.</li> <li>Gaming is a common activity among adolescents and young adults, increasing the real-world applicability of the findings.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The study is only correlational — a cause-and-effect relationship between gaming and working memory cannot be established.</li> <li>Gaming habits were self-reported, meaning there may be inaccuracies or bias.</li> <li>The <i>n</i>-back working memory task is a specific task that may not reflect the full benefits of gaming.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Informed consent — participants would need to consent to the study, and parental consent may need to be obtained.</li> <li>Confidentiality — personal data and brain imaging would need to be securely stored.</li> <li>Potential for the misinterpretation of the findings — the study suggests the positive effects of gaming but should avoid promoting excessive gaming without acknowledging potential limitations.</li> </ul>

<sup>1</sup> Sparrow et al. (2011) ↗ (<https://doi.org/10.1126/science.1207745>) ‘Google Effects on Memory: Cognitive Consequences of Having Information at Our Fingertips,’ *Science*, Volume 333, Pages 776–778. Copyright © 2011, American Association for the Advancement of Science.

# 5.3 Collected research studies

## Section

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assistance

## Teacher instructions

These are the main research studies mentioned throughout this subtopic. However, this is not an exhaustive list, and you are encouraged to use other research studies that are relevant.

Students are not required to memorise all details of the studies but may wish to include them to support their explanations.

Summary	Evaluation
<p><b>Loftus and Palmer (1974)</b>   <a href="https://doi.org/10.1016/S0022-5371(74)80011-3">https://doi.org/10.1016/S0022-5371(74)80011-3</a></p> <p><b>Location of study</b> USA</p> <p><b>Aim</b> To investigate whether the wording of questions about an event could create false memories, specifically of non-existent broken glass</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Participants watched a video of a car accident.</li> <li>They were asked about the speed of the cars using verbs such as 'smashed' or 'hit'.</li> <li>A week later, they were asked if they had seen broken glass in the accident (there was none).</li> </ul> <p><b>Results</b> Participants who heard 'smashed' were more likely to report seeing broken glass than those who heard 'hit' or those who were not asked about speed.</p> <p><b>Conclusion</b> The phrasing of questions can distort memory, leading to the formation of false memories.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Controlled experimental design allowed for clear cause-and-effect conclusions.</li> <li>Practical implications for eyewitness testimony reliability.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Artificial laboratory setting may reduce ecological validity.</li> <li>Participants may have been influenced by demand characteristics.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Minimal risk involved, but participants may have experienced slight distress from watching accident footage.</li> <li>Full debriefing was necessary to clarify the purpose of the study and eliminate any misconceptions.</li> </ul>

Summary	Evaluation
<p><b>Landry and Bartling (2011)</b> ↗  <a href="https://www.mcneese.edu/wp-content/uploads/2020/08/AJPR-11-07-Landry-5-09.pdf">https://www.mcneese.edu/wp-content/uploads/2020/08/AJPR-11-07-Landry-5-09.pdf</a></p> <p><b>Location of study</b>    USA</p> <p><b>Aim</b>    To investigate how articulatory suppression affects recall of phonologically similar letters</p> <p><b>Method</b>    Participants were shown lists of dissimilar letters and asked to recall them. The experimental group performed articulatory suppression (repeating '1,2') until recall, while the control group did not.</p> <p><b>Results</b>    The experimental group showed reduced recall accuracy, indicating that articulatory suppression interfered with verbal memory processing.</p> <p><b>Conclusion</b>    The study concluded that articulatory suppression disrupts the phonological loop.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>The controlled environment allows for high internal validity, as variables like articulatory suppression were carefully manipulated.</li> <li>The use of an independent group design minimises the risk of order effects and ensures that the results reflect the impact of articulatory suppression on memory.</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>The artificial nature of the task (recalling lists of letters) does not reflect real-world memory processes, lowering ecological validity.</li> <li>Using university students limits the generalisability of the findings, as the sample may not represent the broader population.</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>All researchers conducting studies within psychological research are expected to consider ethical guidelines. The experiment tested memory recall and all ethical requirements were adhered to.</li> </ul> <p><b>Research considerations</b></p> <ul style="list-style-type: none"> <li>The use of the between group (independent measures) design was a limitation, as it introduced the confound of memory differences between the two groups. Participants were randomly assigned to the groups in an attempt to minimise this confound. However, a repeated measures design would strengthen validity.</li> </ul>

Summary	Evaluation
<p><b>Maguire et al. (2000)</b> ↗  <a href="https://doi.org/10.1073/pnas.070039597">https://doi.org/10.1073/pnas.070039597</a></p> <p><b>Location of study</b>    UK</p> <p><b>Aim</b>    To investigate whether structural differences in the brains of taxi drivers were associated with their extensive spatial navigation experience</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>Structural magnetic resonance imaging (MRI) scans were conducted on London taxi drivers and control participants.</li> <li>The volume of the hippocampus was measured and compared between the two groups.</li> </ul> <p><b>Results</b></p> <ul style="list-style-type: none"> <li>Taxi drivers had significantly larger posterior hippocampus and smaller anterior hippocampus compared to controls.</li> <li>A positive correlation was found between years of taxi driving experience and hippocampal volume.</li> </ul> <p><b>Conclusion</b>    The hippocampus is involved in spatial memory and navigation, and its structure can change in response to environmental demands and experience.</p>	<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>Non-invasive imaging technique provided precise structural data</li> <li>Strong ecological validity due to the real-world expertise of taxi drivers</li> </ul> <p><b>Limitations</b></p> <ul style="list-style-type: none"> <li>Correlational design cannot establish causation (for example, whether driving causes hippocampal changes or people with a larger hippocampus are more likely to become taxi drivers).</li> <li>Small sample size limits generalisability</li> </ul> <p><b>Ethical considerations</b></p> <ul style="list-style-type: none"> <li>Participants provided informed consent and were not subjected to harm.</li> <li>Confidentiality of brain imaging data was maintained</li> </ul>

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