**Health Psychology**

**Self Experimentation Project**

**Student Workbook**

**NAME**

* [**Introduction**](https://www.themantic-education.com/ibpsych/2020/04/06/health-self-experimentation-project/)
* [**Week 1**](https://www.themantic-education.com/ibpsych/2020/04/06/health-self-experimentation-project-2/)
* [**Week 2**](https://www.themantic-education.com/ibpsych/2020/04/07/health-project-week-2/)
* [**Week 3**](https://www.themantic-education.com/ibpsych/2020/04/07/health-project-week-3/)
* [**Week 4**](https://www.themantic-education.com/ibpsych/2020/04/07/health-project-week-4/)

**WEEK ONE**

**Reflection**

*In the space below, write your first reflection.*

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|  |



**Sleep and Happiness**

**Read** this summary of a study that [investigates the link between sleep and happiness](https://www.themantic-education.com/ibpsych/2020/04/03/paper-3-practice-sleep-and-happiness/).

|  |  |
| --- | --- |
| **Write** a summary of the conclusions of this study in your words.  |  |
| **Evaluate** the study by explaining some of the limitations of this study.  |  |
| **HL Extension:** Complete the practice Paper 3 questions that are at the bottom of the above blog post on sleep and happiness.  |  |

**Data Collection**

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| --- | --- |
| **Choose** what health habits you want to study. Make a list of at least 3 habits you think might be affecting your health  |  |

**Create Tables here…(fill out your tables every day) (see Mr Dixon’s examples at the bottom of** [**this blog post**](https://www.themantic-education.com/ibpsych/2020/04/06/health-self-experimentation-project-2/)**…)**

**WEEK TWO**

**Reflection**

*In the space below, write your first reflection.*

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**Smartphones and Sleep**

**Read** this summary of a study that [investigates the link between smartphones and sleep quality](https://www.themantic-education.com/ibpsych/2020/04/02/paper-3-practice-smartphones-and-sleep-quality/).

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| --- | --- |
| **Write** a summary of the conclusions of this study in your words.  |  |
| **Evaluate** the study by explaining some of the limitations of this study.  |  |
| **HL Extension:** Complete the practice Paper 3 questions that are at the bottom of the above blog post on sleep and happiness.  |  |

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**Data Collection**

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| **Health habit that I am going to focus on as my manipulated IV is…** |  |
| **Here are my goals for this week…** |  |

**Research**

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| --- | --- |
| **Here’s a study I found out that is similar to the one I’m conducting (paste link)** |  |
| **Write** a summary of the conclusions of the study |  |
| **Extension:** Write a full summary of the study, including aims, methods and results (150-200 words).  |  |
| **HL Extension:** Evaluate the study, including explaining strengths and limitations.  |  |



**Paste your data collection tables for Week 2 here...**

**Week 3: Analysis and Report**

**Analysis**

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| **Week One Results** | **Week Two Results** |
|  |  |

**Draw your graph here…**

|  |  |
| --- | --- |
| **Summary of the results and conclusions** |  |
| **Evaluate** this study. Are these results and conclusions valid? Why/why not? |  |
| **HL Extension:** Conduct inferential statistics on your results to see if they are statistically significant. |  |

**Insert your final report here…**

**Week 4: Interviews**

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| **Write** a summary of your own *honest* opinions about the effects of healthy habits.  |



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| **Create** an interview schedule (an interview plan) with a few questions you’re going to ask 5 of your classmates. You are conducting interviews to understand your classmates experiences of healthy habits and their effects. |

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| --- | --- |
| **Write** a summary of the common themes you found out.  |  |
| **Reflect:** are your conclusions similar to your own opinions?  |  |
| **Extension:** Write a comparison of the differences between qualitative and quantitative research. Include differences not just in methods but also in overall aims.  |  |

**Final Reflection**

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| **IB Psychology’s Top Ten:** Write a summary of the 10 things you’re most likely to remember about this course and why.  |
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