**Psychology Higher level Paper 3**

1 hour

**Instructions to candidates**

* Do not turn over this examination paper until instructed to do so.
* Read the passage carefully and then answer all the questions.
* The maximum mark for this examination paper is **[24 marks]**.

**The stimulus material below is based on a study that investigates the relationships between sleep and life satisfaction.**

Sleep might be one of the most important yet underrated aspects of our physical and mental health. Ness and Saksvik-Lehouiller conducted a study to see how sleep was connected with “life satisfaction.”

Life satisfaction can be defined as a type of happiness whereby someone “…. assesses the quality of their life by using their own criteria” (Shin and Johnson, 1978). In other words, it’s a measure of how happy someone is with the quality of their life. The aim of this study was to see if there was a relationship between life satisfaction and sleep quality, duration and variability.

Participants were invited to take part in the study through an email and an invitation on a closed Facebook event. Invitations were sent to 1665 participants at a range of Norwegian universities and colleges. 701 students responded to the invitation and chose to participate.

A majority (about 90%) of the participants were aged between 20-25 and 70% were female. Six students said they were still in high school, so their data was removed from the sample. The study was approved by the Norwegian social Science Data Service. The researchers gathered their data by having participants complete anonymous questionnaires about sleep habits and life satisfaction.

The results showed significant correlations between sleep variables and life satisfaction. For example, they found that “better sleep quality, longer mean sleep duration and less variability in sleep duration were all associated with greater life satisfaction.” However, some correlations were moderate to weak. For instance, although statistically significant, the correlation between life satisfaction and mean sleep duration was only 0.13.

These results support findings from previous studies that show the link between sleep and life satisfaction in college students. Maybe think again next time your staying up late on your phones because you think it makes you happy.

Ness, T. E. B., and Saksvik-Lehouillier, I. (2018). The Relationships between Life Satisfaction and Sleep Quality, Sleep Duration and Variability of Sleep in University Students. Journal of European Psychology Students, 9(1), 28–39, DOI: https://doi.org/10.5334/jeps.434

Answer **all** of the following three questions, referring to the stimulus material in your answers. Marks will be awarded for demonstration of knowledge and understanding of research methodology.

* 1. **Identify** the method used and **outline** two characteristics of the method. [3]
* Correlational study.
* Characteristics:
  + Tests strength of relationships between variables
  + No IV and DV but uses co variables
  + Calculates correlation coefficients
  1. **Describe** the sampling method used in the study. [3]
* Self-selected/volunteer sample
* Characteristics:
  + Participants self-select
  + Often in the
  1. **Suggest** an alternative or additional method giving one reason for your choice. [3]
* Accept any well-justified answer.
* I only award 3 marks if they’ve given a reason but also clearly described HOW the method will be applied.
* Possible answers:
  + Experiment: could have one condition with sleep deprivation and measure life satisfaction
  + Interviews: could use semi-structured interviews to find out if participants think there is a link between the two
  + Case study: could find participants with low levels of life satisfaction and/or sleep problems to study the link.

1. **Describe** the ethical considerations that were applied in the study and **explain** if further ethical considerations could be applied.

Applied:

* Approval from committee
* Anonymity
* Young kid data (high school) was removed

Additional

* Parental consent
* Informed consent
* Debriefing
* Right to withdraw

1. **Discuss** the possibility of generalizing the findings of the study. [9]

* **Characteristics of the sample**
  + Norwegian
  + University educated
  + Young
* **Procedures**
  + Construct validity of the questionnaires – they are self-report data.