

## Assessment 1

### PRACTICAL REPORT

#### Does Type A Behaviour Exist?

We have read about striving Type A's but have you any amongst your friends? This practical is aimed at looking at this phenomena in more detail. We need to find out if Type A's do perform tasks differently to those who are categorised as Type B's. For example will giving a dot - to - dot puzzle with one number missing (a difficult task) have a significant effect on the pulse rate of Type A's when compared with Type B personalities?

Aim : To study Type A and Type B personalities (as classified by the Fredman & Roseman (1974) questionnaire) and their physiological response to a mildly stressful activity.

Hypothesis : Write these

Null Hypothesis:      Key words -      Significantly      Type A/Type B      Higher Pulse Rate

Method

Design .                      Experiment. Correlation. Observation?

What sort of design are you using? Repeated measures/matched pairs/independent design?  
What is the IV/DV?

Controls                      Which controls do you intend to use?

Participants      Who are they - remember we don't need their names or telephone numbers, merely an idea of their basic details, age, gender, occupation etc.

Apparatus      Friedman & Roseman Personality Questionnaire as a diagnostic tool.  
Dot - to - dot picture. You will need several, one for each of your participants..  
Stop watch to record pulse rate.

Procedure                      Stage I

- (i)      Brief Participants
- (ii)      Administer Fredman & Roseman Questionnaire & score it.
- (iii)      Participant fits Type A or B behaviour, invite them to Stage II of the study

Stage II

- (iv)      Take pulse rate before administering dot-to-dot - record data
- (v)      Take pulse rate during dot-to-dot
- (vi)      Take pulse rate as participant seeks missing number
- (vii)      Don't forget to debrief your subjects
- (viii)      Ethics - does anyone have a heart complaint?

A raw data table must be created containing the following information.

Table 1. Raw Data Table

Type 'A' Personality

Type 'B' Personality

Participant Personality PR PR PR Dif Participant Personality PR PR PR Dif  
 No. Score 1 3 3 No. Score 1 2 3  
 etc.

Remember, this table contains raw data so it will go in the appendices.

Where :PR1 = Pulse rate before the task

PR2 = Pulse rate during the task

PR3 = Pulse rate looking for dot

Dif = Differences between the rate before the task and the rate whilst looking for the dot

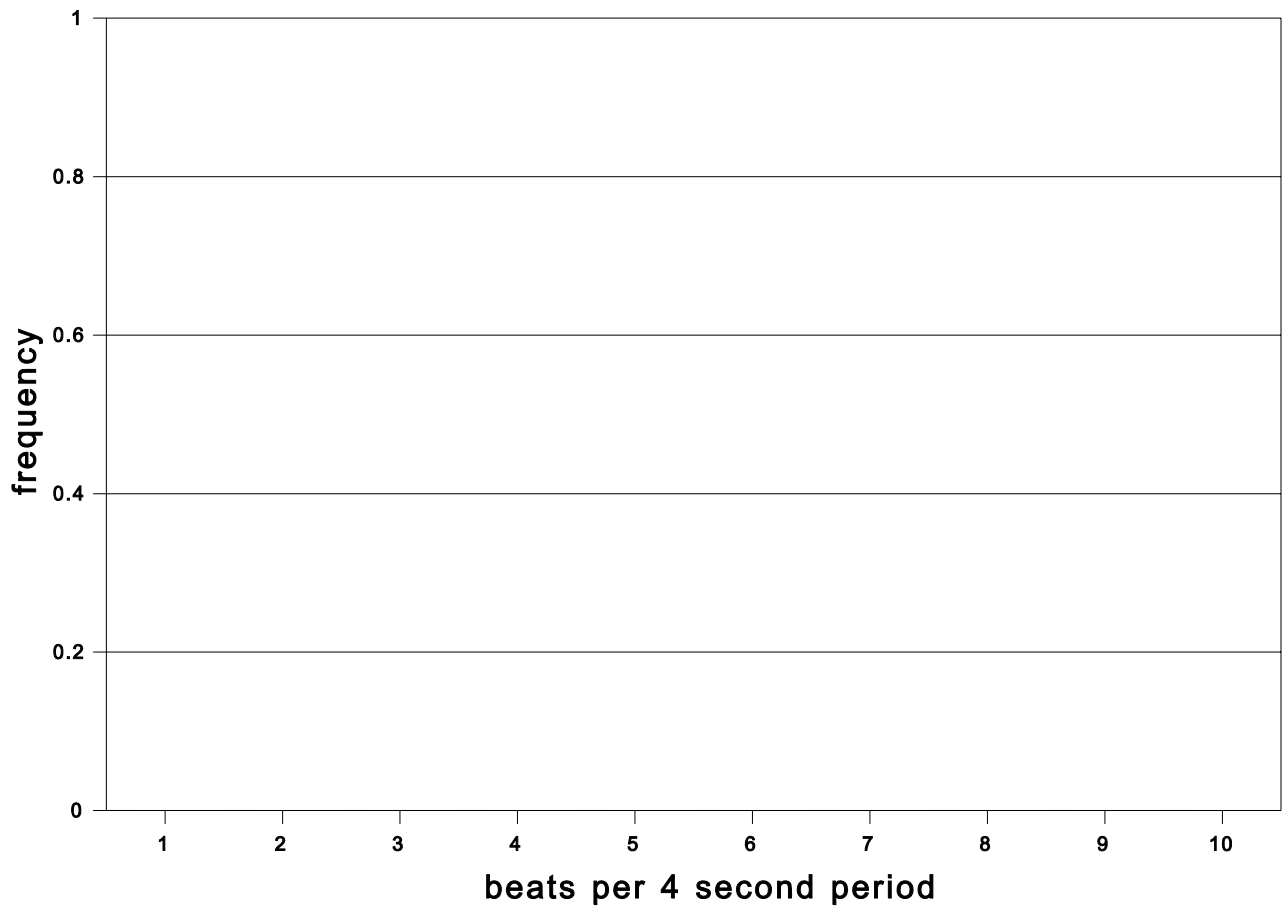
The first table that goes into your results section will be a descriptive statistics table. In this table the following should be contained :

Table of Descriptive Statistics for Mildly Stressful Activity

	Type A Personality	Type B Personality
Total		
N		
Mean		
Median		
Mode		
Range		
SD		

N.B. We are only analysing PR2 scores for the descriptive stats.

Graphs It will be useful to illustrate your results on a graph. I suggest a frequency polygon



### Inferential Statistics/Treatment of Results

We are comparing 2 groups of participants. It is highly unlikely you have matched your subjects so we will have an independent design which is comparing Type A and Type B personalities on one measure which is pulse rate (DV). Remember pulse rate is measures in beats within a 4 second period (interval data). Unless you have made a large mistake with your calculations of the SD, you should find that it is similar for both groups. Look at the polygons, have you a normal distribution? I suggest that a parametric test could be attempted if you have. The differences are used for the calculation of the statistics.

SAQ 1. Which parametric test is used with an independent subjects design?

- Discussion of Results
- Conclusion
- References
- Appendices
- Abstract -What did you do?

The following shows you how your practical report will be marked and what criterion your tutor will use. To make sure that you have covered all the grading criteria use the sheet below.

The learner has achieved the learner outcome because s/he can:	Tick sheet of assessment criteria
1. Describe the nature and function of the ANS, endocrine and immune systems.	
2. Identify and evaluate models which attempt to explain stress	
3. Describe correctly sources of stress.	
4. Find and list limitations experienced when using methods of measuring the stress response	
5. Explain the role of personality in the perception of stress	
6. Describe, explain and evaluate how psychological factors contribute to illness.	
The structure of the practical report follows the following format	
1. The report is in the appropriate format.	
2. The investigation was well planned and the necessary controls were clearly implemented.	
3. The aim and the hypothesis (where appropriate) were well planned and formulated.	
4. The investigation was carried out systematically with adherence to the ethical guidelines for research.	
5. Data was recorded and presented clearly.	
6. Where appropriate statistical analysis was chosen, justified and correctly used.	
7. The outcome of the investigation was discussed with reference to the hypotheses or aims.	
8. The student showed awareness of the limitations of the investigation.	
9. The implications of the findings were discussed.	
10. References and sources are set out in the correct manner and the work acknowledges quotes and material taken from other sources.	

