

Research Participation Log

ECAP4006

Research Methods

UWTSD

Reflective Log

Assignment 4

School of Psychology

Study title/subject: Social Media Influences, Body Positivity and Self-Esteem levels in Females.

Length of study: 15-20 Minutes

Was Informed consent gained?

Yes, although it stated, 'The consent form is not to be used for identity, just for purpose of taking part in the study'. I would have expected it to state that I had given permission for the use of my data during this research.

Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?

Yes completely, it was stated that participation was voluntary, at any point I no longer wanted to take part I had the right to withdraw without being pressured to continue. Any data that had already been collected would be destroyed.

I was made aware that any questions I felt uncomfortable, or I felt was not relevant to the research I was able to skip.

What were you asked to do? (briefly outline the study)

Complete a demographics form, followed by three questionnaires via Qualtrics.

- The media usage questionnaire (Rosen et al., 2013)
- The body appreciation scale (Avalos et al., 2005)
- The Rosenberg Self-Esteem scale by Rosenberg, 1979 (Franck et al., 2008)

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Did you understand at the time why you were doing what was asked? If not, why not?

Yes, I had a clear knowledge of what was asked from me to participate.

The information sheet was very informative and clearly outlined the research and procedures.

How did you find the experience? (positive and negative)

I found the experience interesting, expanding my knowledge and understanding of media usage and the effects it may have relating to body image and self-esteem.

What have you learnt from participating?

This study allowed me to reflect on my personal usage of media and how it makes me feel.

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Were there any issues that may have affected how you completed the research?	No, I found the research well set out.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	I was fully debriefed in the form of a written document, there were details of both the researcher and also the Supervisor researcher in order to ask further questions.
How confident/competent was the researcher/experimenter? Did they put you at ease or make the experience unpleasant for you?	This was online research via EMS, I did not meet the researcher, although I found the research documents professional. I was made aware that my data would be kept • Under the Data Protection Act 1998 • GDPR (General Data Protection Regulation) • UWTSD management policy.
How could the experimenter have improved participation/the experiment?	I think this study should have been made available for males as well as females, body image and self-esteem effects both genders.

Name:.....

Date:....1/5/22.....

Level 4: Two participation logs are needed: approx. 250 words for each.

Research Participation Log	
Study title/subject: Attitudes towards feminism. Length of study: 30 minutes approximately	
Was Informed consent gained?	Yes
Where ethical guidelines/issues outlined to you (right to withdraw, confidentiality etc.). If so, which guidelines were outlined?	Yes, it was explained to me that an EMS ID number would be used for my data, then upon completion the number would be removed from the dataset and exchanged with an anonymous number where after a certain date (which was stated) I would be unable to withdraw data due to anonymity.
What were you asked to do? (briefly outline the study)	• Fill in a questionnaire • Watch a short video of Emma Watson delivering a speech on feminism • Answer another questionnaire (replica of first)

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Did you understand at the time why you were doing what was asked? If not, why not?	Yes, it was clearly set out.
How did you find the experience? (positive and negative)	The experience was interesting and overall, a positive experience.
What have you learnt from participating?	The researcher placed relevant further reading within the debrief form which I found informative and relative to the research.

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Were there any issues that may have affected how you completed the research?	Not personally, I imagine if certain participants had hearing problems, the video did not include subtitles, this may have been helpful.
Were you fully debriefed (how was this done?) If you were deceived was this explained to you?	The debrief was done well, and covered background literature covering the research information, and the stigma still present in society.
How confident/competent was the researcher/experimenter? Did they put you at ease or make the experience unpleasant for you?	This was an online research EMS, I felt aware of all the information and enjoyed participating.
How could the experimenter have improved participation/the experiment?	By offering subtitles during the short video.

Name:.....

Date:...1/5/22.....

References

- Avalos, L., Tylka, T. L., & Wood-Barcalow, N. (2005). The body appreciation scale: Development and psychometric evaluation. *Body Image, 2*(3), 285-297.
- Franck, E., De Raedt, R., Barbez, C., & Rosseel, Y. (2008). Psychometric properties of the Dutch Rosenberg self-esteem scale. *Psychologica Belgica, 48*(1), 25-35.
- Rosen, L. D., Whaling, K., Carrier, L. M., Cheever, N. A., & Rokkum, J. (2013). The media and technology usage and attitudes scale: An empirical investigation. *Computers in Human Behavior, 29*(6), 2501-2511.