

Research Skills for Mental Health

Research Report: Method Information

Participants

Total of 40; 20 male and 20 female.

Age range = 18-39 ($M = 25.20$, $SD = 5.55$)

Recruitment = opportunity sampling of undergraduate students. Participation in return for course credit.

Design

Between-subjects design.

Independent variable = gender. Two levels; male or female.

Dependent variable = score of anxiety as assessed through a total score on the Beck Anxiety Inventory.

Materials

Beck Anxiety Inventory (BAI; Beck, Epstein, Brown, & Greer, 1988) used to assess self-reported levels of anxiety.

Twenty-one items in total.

All questions anchored in terms of 'indicate how much you have been bothered by a symptom in the past month'; example of question = unable to relax.

Scored on a four-point Likert scale; 1 = not at all to 4 = severely – it bothered me a lot.

Total score of anxiety calculated, addition of scores on all 21 items.

Potential scores ranged from zero to 63, with higher scores indicative of more severe anxiety experienced in the past month.

Scoring key includes information relating to cut-off points for levels of anxiety; 0-21 = low anxiety, 22-35 = moderate anxiety, 36+ = potentially concerning levels of anxiety.

Demographic information sheet requiring participants to indicate their gender and age.

Procedure

Recruited via opportunity sampling; information posted out via a module's Virtual Learning Environment including the main aims of the study and how to participate.

Participants arrived at laboratories and asked to read the study consent form and sign if they were happy to take part.

Then asked to complete the demographic information sheet followed by the BAI.

Once completed, participants provided with a debrief form outlining the aims of the study as well as the participants right to withdraw.

Thanked for taking part.