

BSc Mental Health
ECAP4006: Research Methods: An Introduction

Report 1 guidance

Both research report assessments must adhere to APA style of research report structure and APA 7th ed referencing style.

Title

Short title that is placed on a single page at the beginning of the report (there should be nothing other than the title on this page) – e.g., Exploring the difference in anxiety before and after a CBT short-course.

Introduction

Starting on page 2, start to introduce the literature/research that you have read that gives an overall idea of the topic you are exploring in the study – i.e., the effectiveness of CBT in reducing symptoms of anxiety.

There are a number of articles available on Moodle to get you started on this. You should aim to provide an overall definition of anxiety plus definitions of any specific types of anxiety you may have read about (e.g., generalised anxiety disorder). In relation to CBT, you should explain what the purpose of CBT is in general before providing specific information from research studies that have explored the effectiveness of CBT in reducing symptoms of anxiety.

At the end of this section, you should offer a specific hypothesis (a statement that will be tested through the calculation of the Wilcoxon test). E.g., it is hypothesised that levels of self-reported anxiety will be significantly lower following the completion of a six-week CBT short-course (remember that this **must** be based upon the literature you have included up until this point).

Method

Participants

The number of participants that took part in the study (plus any information about how many were males/females if applicable). Range of ages of participants and the mean and SD of age.

Demographic information of participants for your report:

Twenty-four participants in total; 11 males and 13 females

Range of ages 19-63. $M = 27.93$, $SD = 11.24$

Seven of the 24 participants had been clinically diagnosed with an anxiety disorder while the other 17 had not.

Design

The design = within-subjects; all participants completed the Anxiety Symptoms Questionnaire (ASQ) before and after taking part in a six-week CBT short-course.

The independent variable was the completion of the ASQ (before and after the CBT course) and the dependent variable was **the intensity** of anxiety symptoms reported.

The test used to analyse data will be the Wilcoxon Signed Ranks Test.

Materials

The Anxiety Symptoms Questionnaire (ASQ; Baker et al., 2019) was used to collect data on participants self-reported intensity of anxiety symptoms. The full questionnaire aims to assess both intensity and frequency of symptoms however, for the purpose of this study, only intensity data was used within the analysis.

- How many questions are contained within the ASQ?
- Were there any specific instructions at the beginning of the questionnaire?
- What was the scoring mechanism for each question?
- Provide an example of a question
- What was the possible range of total scores for intensity (possible lowest to possible highest)?
- What do higher scores represent?

Procedure

A volunteer sample of members of the public were notified of the research study via a study advertisement poster placed within a self-help group for individuals experiencing symptoms of anxiety. Interested participants were prompted to contact the lead researcher to receive further information about the requirements of the study.

Full study information was sent via email to each interested participant. Participants were informed that they would be required to take part in a six-week short-course of CBT aimed at helping them manage their anxiety symptoms, and that they would be asked to complete a short anxiety questionnaire before and after taking part in the CBT course.

On the first day of their CBT sessions, each participant completed the ASQ to assess the intensity of their anxiety symptoms prior to taking part in the course. Following the completion of the final session after the six-week period, participants were again asked to complete the ASQ.

Participants were thanked for their participation and provided with the opportunity to ask questions. A debrief form was provided outlining the aims of the study.

Results

A Wilcoxon Signed Ranks Test was conducted to determine whether the intensity of anxiety symptoms reported by participants reduced following the completion of a six-week short-course of CBT. The value of W was calculated as the smaller of W^+ and W^- and therefore W was equal to _____. The critical value of W as indicated by the critical values table for _____ participants was _____, and so it has been observed that there **is/is not a** significant difference in participants anxiety symptom intensity. The median scores indicate that intensity of symptoms was lower following the completion of the CBT short-course (median before = _____ and median after = _____).

References

Start your reference list on a brand-new page.

Remember that your references must be in APA 7th ed style and in alphabetical order.

Do not bullet point or number references.

Appendices

To be included (on Moodle)

- Consent form
- Debrief form
- Anxiety Symptoms Questionnaire

Plus your Wilcoxon calculation (this can either be typed into your appendices or, if you have done it by hand on paper, you can take a picture and insert it into your report before submitting)