Assignment #7 Single Subject Research Design

Name:

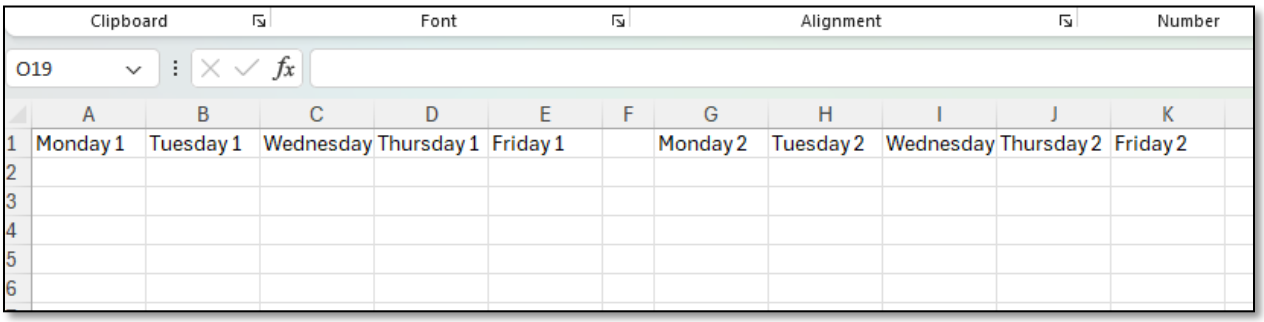
Step 1: Baseline: Watch the lecture video and do the readings. For one week, measure your baseline stress. (Baseline means the time before an intervention happens)

1. What is your operational definition of "stress"?

2. How will you measure "stress"? Frequency, duration, interval, or magnitude?

   If you are using magnitude, what scale will you use and what will the numbers mean?

3. Keep your data in an Excel spreadsheet set up like this:



Step 2: Intervention: Watch the lecture video on breathing techniques for stress management. Use this as a reference: https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques

1. Measure your stress again for another week, the same way you measured it the first week. Add the data to your spreadsheet.

Step 3: Analyze your Data

1. Watch the video on how to create a time series (2-D line chart) in Excel. Create the graph in Excel and then cut and paste it here:

2. What did you learn from your data? Was the intervention successful or not? How much did the dependent variable change from week 1 to week 2?