

Research Project Brief Proposal

Total Grade Points: 20 Points (4.3% of Project Grade; 2% of the Final Course Grade)

Make sure that you have read the [Project - Overview](#) page.

Please download the [Brief Proposal template](#) and the [Sample Brief Proposal](#) documents. There is also a [rubric](#) that might be helpful.

For the *Brief proposal and hypotheses* assignment, due Friday, June 4, you must identify three variables you intend to use for your research project and you must track down at least three recent research articles on those variables. Using the articles, you will create three hypotheses, one for each pairing of variables.

In the assignment you will briefly describe your research idea, you will identify the three variables you intend to work with, the three hypotheses that you have created, and the three (or more) research articles that you used to create the hypotheses and that you will use as part of your Introduction section of the project.

The variables to be used in this study have been established as part of the set-up of the course. **Students must select from these variables.** While it would be wonderful to be able to design something more independently, that's not feasible in a course like this.

Students need to select a total of THREE variables.

Behavioral Variables: Choose TWO variables from this list:

Variable	Questionnaire/Scale/Index/Test	Source
Self-esteem	Rosenberg Self-Esteem Scale	Rosenberg, 1989
Optimism	Revised Life Orientation Test	Scheier, et al., 1994
Resilience, ability to recover from stress	Brief Resilience Scale	Smith et al., 2008
Sleep disturbance	Sleep Disturbance Form 8b	PROMIS, 2016; Yu et al., 2011
Depression	DASS-21	Lovibond & Lovibond, 1995
Anxiety	DASS-21	Lovibond & Lovibond, 1995
Stress	DASS-21	Lovibond & Lovibond, 1995

• The questionnaires listed in the second column are included in a separate document creatively titled "[Project Questionnaires](#)".

Choose ONE demographic variable from this list:

- **Sex Assigned At Birth (SAAB)/Biological sex:** three categories –
a) *male*; b) *female*; c) *other* (intersex, etc.)

- **Gender Identity (GI):** three categories –
a) *woman* (cis or trans); b) *man* (cis or trans); c) *non-binary* (agender, genderqueer, etc.)

- **Age:** specific age will be collected, they will not be categorized
(NOTE: due to restrictions on how our research may be performed, no data may be collected on individuals under the age of 18. Keep this in mind as you conceptualize your hypotheses: we cannot investigate age-related issues involving children or adolescents.)

Using the Sample Brief Proposal as a guide, fill out the Brief Proposal Template.

- **Section 1** asks for a brief explanation of your research idea.
- **Section 2** asks you to identify your three variables (and, as illustrated in the sample, identify the questionnaire that will be used to assess that variable).
- **Section 3** asks you to describe the three hypotheses that you have regarding each variable pairing: 1 & 2, 1 & 3, 2 & 3. Remember that a hypothesis is a specific prediction that can be assessed and determined to be true or false. Also remember that you are not being asked to relate all three variables at the same time: each hypothesis should only refer to two of the three variables.
- **Section 4** asks you to list the research articles you found during your literature search and used to create your hypotheses. The articles will be listed in appropriate APA format and each will be followed by a brief note (2-3 sentences or so) explaining how the article fits in with your project.

Submit the completed Brief Proposal document to the Brief Proposal dropbox.