

BRIEF PROPOSAL

1

Hi, Hameed;

The first three sections of the submission are spot on! The description of your planned research, the identification of the variables, and the descriptions of the hypotheses are all just as they should be. Nice work!

The articles listed in the fourth section look good and the APA references are almost perfect. See my comments in the margins for the couple slight departures from APA that are there. I'm not assigning penalty points for formatting issues in THIS assignment, but make sure you pay close attention to formatting in the upcoming assignments.

Nice work! You're set to work on the research project!

Dr. Lenz

Rubric: Short Proposal & hypothesis form

Grading Criteria Short Proposal Assignment	Possible point range	Points earned
Course Content		
Explains research idea clearly	0-5	5
Identifies the three variables to be used:	0-3	3
Gives the three hypotheses to be explored: <ul style="list-style-type: none"> a. Hypothesis for variables i & ii b. Hypothesis for variables i & iii c. Hypothesis for variables ii & iii 	0-3	3
Identify at least three <i>peer-reviewed journal articles</i> (using APA style references) to be used as part of the literature review, explaining how each is relevant in a couple sentences each	0-9	9
Total	20	20
An explanation of the points earned, as well as where the assignment could be strengthened will be included with your grade.		

Brief proposal and hypotheses

Due Date:

Friday, June 4, 2021, by 11:59 P.M

STUDENT NAME: Ebtisam Hameed Almechmadi

1. Explain your research idea

This research will be concerned with identifying if a person portrays optimism when they have more resilience. The project will also be targeting to explore whether optimism or resilience degree differs based on the sex assigned at birth (biological sex). These factors will be focusing on how they relate with stress management.

2. Identify the *three* variables you will use for your research

(see the *Project Overview* for a list of variables that may be used)

Variable i. Optimism (as measured using Revised Life Orientation Test)

Variable ii. Resilience (as measured using Brief Resilience Scale)

Variable iii. Sex Assigned At Birth (as measured through a demographic questionnaire in three categories, which are male, female and other such as intersex)

3. Give each of the three hypotheses you will explore in your research

Hypothesis 1 (comparing variable i & ii): People who are more optimistic portray a higher ability to make recoveries from stress (resilience).

Hypothesis 2 (comparing variable i & iii): Optimism is higher for the individuals who identify themselves to have their biological sex as male than in those individuals who identify their biological sex to be female or others.

Commented [PWL1]: We won't be collecting any data on stress management from our participants. You can certainly talk about how stress management impacts your variables based upon your literature search.

Commented [PWL2]: SPELLING

Hypothesis 3 (comparing variable ii & iii): Resilience is higher among the individuals who identify their biological sex as others than the individuals who classify themselves as male, who also have a higher resilience than individuals who identify themselves as female.

4. Identify at least three peer-reviewed journal articles that will be used as part of the literature review for your research. For each article provide a properly formatted APA reference and explain in a few sentences how each article is relevant to one or more of your hypotheses. Articles should be dated between 2011 and 2021.

Rosenberg, A. R., Bradford, M. C., Junkins, C. C., Taylor, M., Zhou, C., Sherr, N., ... & Joyce, P. (2019). Effect of the promoting resilience in stress management intervention for parents of children with cancer (PRISM-P): A Randomized Clinical Trial. *JAMA Network Open*, 2(9), e1911578-e1911578.

Rosenberg et al. (2019) address the issue of resilience among individuals. The study was based on parents, where it provided a study related to variable ii. The research also shows the contexts that individuals go through and how resilience is effective towards stress management and the conclusion was that there was a positive relationship.

Pathak, R., & Lata, S. (2018). Optimism in Relation to Resilience and Perceived Stress. *Journal of Psychosocial Research*, 13(2), 359-367

Pathak and Lata (2018) discuss optimism and resilience as contributing factors towards stress management. The study shows that there is a positive relationship between optimism and resilience. The findings from the study indicate that the two variables had a positive effect on stress management.

Commented [PWL3]: This article has nine authors. Per the APA formatting rules released in 2019, all authors up to 20 should be named in references. Use of the ellipsis is only done when there are 21 or more authors.

Prior to October of 2019 the practice was to list up to seven authors and use the ellipsis when there were eight or more, so this is correct from the previous edition of the APA formatting rules.

Make sure you are using the 7th edition rules moving forward.

Commented [PWL4]: - article titles should use "sentence capitalization" which means only the first word, proper nouns and the first word after a colon (if there is one) should be capitalized;

Commented [PWL5]: - article titles should use "sentence capitalization" which means only the first word, proper nouns and the first word after a colon (if there is one) should be capitalized;

Seo, D., Ahluwalia, A., Potenza, M. N., & Sinha, R. (2017). Gender Differences in Neural Correlates of Stress-Induced Anxiety. *Journal of Neuroscience Research*, 95(1-2), 115-125.

Seo et al. (2017) addresses how the difference in gender relates to the management of stress. This study shows a discussion on how different genders respond to stress by the way emotions are verbally expressed and reported among the genders. The research shows a relationship between gender difference and resilience (Variable ii and iii).

Commented [PWL6]: - article titles should use "sentence capitalization" which means only the first word, proper nouns and the first word after a colon (if there is one) should be capitalized;