

Hi, Ebtisam;

In the feedback for the *Introduction* section, I indicated that there should be a running head and page numbering.

Use of placeholders for the *Participants* section is fine. Make sure you update that section with the actual values. Take a look at my comments for that section... none were used for grading purposes, but they should be acted upon for the revision for the final project submission.

The *Measures* section is okay, although it is missing the requested reliability data and does not accurately reflect the questionnaires WE used (see my comments). It also suggests that the data were being used specifically to assess stress management, which it is not, as I indicated in the feedback for the *Introduction* section. You can certainly talk about stress management in your *Discussion* section and put forth the idea that these variables may contribute to stress management, but we are NOT assessing stress management directly in this study.

The *Procedure* is okay but repeats a bit of the *Measures* section material that it doesn't need to.

Dr. Lenz

Rubric – Method section

Grading Criteria	Possible Point Range	Points Earned
Content (use of instructor examples as templates is acceptable)		
Participants subsection – clearly describes demographic information.	0 – 18	18
Measures subsection – clearly describes each of the variables to be used including a description of the tool used to assess each variable (the questionnaires), describing how it is measured (does a high score on the questionnaire mean a high self-esteem or a low self-esteem, for example); and the reliability of the measure.	0 – 30	20
Procedure subsection – reiterates which questionnaires are being used, notes that UWM Qualtrics is used to collect data.	0 – 6	6
Writing		
Feedback from previous assignment: Feedback regarding formatting, spelling, grammar, etc. that was made in the <i>Introduction</i> section was used to improve that material in this assignment	0 – 6	4
Style and Mechanics: Paper is clearly written. Free of grammatical, spelling and punctuation errors. Meets the required 450 or more words.	0 – 8	8
APA Style: Formatted correctly using APA style; uses both in-text references and a complete reference section at the end of the assignment.	0 – 12	11
BONUS (if applicable) (if submitted by Friday before due date: +5%)		+4
TOTAL	80	71
An explanation of the points earned, as well as where the assignment could be strengthened will be included with your grade.		

Method

Participants

The age of the participants was between eighteen (18) and XX years, which had a mean of XX years ($SD=XX$). XX participants participated and responded to the study conducted online, where XX were university students. This study involved individuals, where XX were male and XX were female. XX of the participants' gender were self-identified as men, XX as women, and XX as non-binaries. The participants were recruited from the society and involved classmates, friends, staff, and other individuals from different parts of the world. There were XX African Americans, XX Hispanics, XX Asians, and XX individuals from other ethnicities. Social media was used to adhere to the precautionary covid-19 measures put in place. This study took place in a tertiary institution and other organizations, where all the participants were above the minority age.

Measures

To make the study effective, I surveyed to identify each participant's age bracket through online means to ensure no minor was involved. University of Wisconsin-Milwaukee Qualtrics was specifically used to collect the data. Online media platforms were mainly used because of the effect of covid-19 and wanted to avoid the risk of contracting the virus. I issued questionnaires, which were understandable to all the participants. The purpose of the questionnaires was to answer the contribution of optimism, resilience and, gender difference on stress management. I used the Revised Life Orientation Test to identify the participants' views about optimism on stress management (Hinz et al., 2017). The test had six statements that the participants were supposed to fill in according to their perspective. An example of the statements in the questionnaire is, "when things turn out unexpected, I am positive that the best will come." The participants were supposed to respond using a scale of 5, where they were to select strongly agree, agree, neutral, disagree, or strongly disagree.

Commented [PWL1]: The variable names for descriptive and inferential statistics, such as mean (*M*) and standard deviation (*SD*), must be italicized.

Commented [PWL2]: APA formatting rules require a space on either side of mathematical operators, such as an equal sign (=) or greater than (>) or less than (<) signs.

Commented [PWL3]: I have removed the question about who might be a university student, so this can be removed.

Commented [PWL4]: One person also did not enter their gender identity, this will have to be reported, too.

Commented [PWL5]: I give specifics for this in the data.

Commented [PWL6]: The name of the disease should be in all caps: COVID-19

Commented [PWL7]: The RSES has ten questions

Commented [PWL8]: This is not a question in the RSES.

I also used the Brief Resilience Scale to assess the participants' resilience on stress management (Kyriazos et al., 2018). In the BRS, the participants were also supposed to use a scale of five to fill the questionnaire, which had four statements. From the scale, the participants were supposed to show if they strongly agree, agree, neutral, disagree or, strongly disagree on statements such as, "It takes me long to have stressful moments recovered." To identify the biological sex of the participants, a demographic questionnaire was issued. Filing the questionnaires through social media was a strategy to increase the participants' confidence. I also utilized existing data, which acted as a guide to increase the effectiveness of the study.

Commented [PWL9]: There were six items in the BRS

Commented [PWL10]: This looks like a rewording of item #3; they should not be rewritten, but presented here as they were in the questionnaire.

Commented [PWL11]: Changing topics, this would be a good point for a paragraph break.

Commented [PWL12]: SPELLING - Filling

Commented [PWL13]: What "existing data"?

Procedure

I reached out to the participants required for the questionnaire in the study on online platforms using the University of Wisconsin-Milwaukee Qualtrics website. This method was used to ensure that covid-19 measures were complied. The five questionnaires used for the current research were administered online via the UWM Qualtrics website. I issued questionnaires to all the participants online, which approximately took twenty to thirty minutes to be completed. All the participants provided their accounts where I sent them a link containing the questions. Participants were allowed to quit the study if they decided to quit the survey and this was a strategy to make them more comfortable and accessible. The Revised Life Orientation Test was used to determine the contribution of optimism to stress management. I also provided a Brief Resilience Scale to assess the resilience of the participants on stress management. All the participants were required to answer the statements formulated on a range of 5, where 1= strongly disagree, 2= agree, 3= neutral, 4= disagree, and 5= strongly disagree. Participants were given enough time to complete the task. After the submission of tasks, I thanked all the participants for helping carry out the study. I

Commented [PWL14]: This sentence is incomplete.
"... that COVID-19 measures were complied with."

Commented [PWL15]: Whole numbers from 10 and up should be presented numerically.

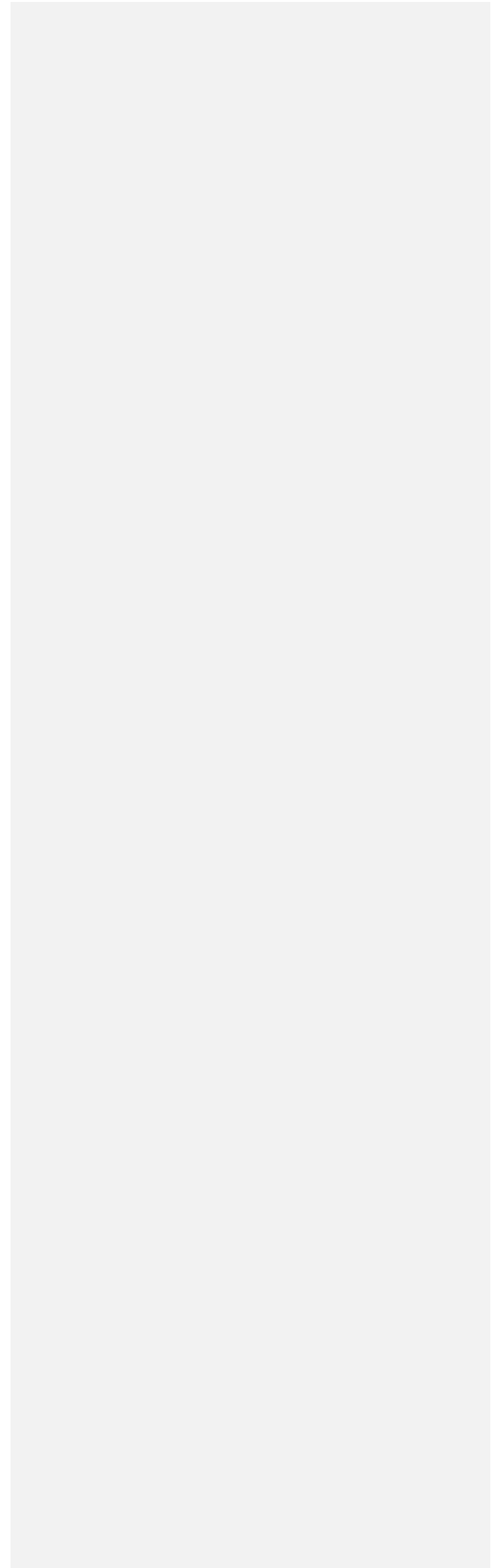
Commented [PWL16]: Participants should not have provided anything, unless you are referring to an email address?

Commented [PWL17]: This would be a good spot to start a new paragraph, you're changing topics from participation to the variables themselves.

Commented [PWL18]: No. It was not.

Commented [PWL19]: No. It could not.

also applied other external sources to back up my study. I used published articles for the school library, magazines, and government documents.



References

- Hinz, A., Sander, C., Glaesmer, H., Brähler, E., Zenger, M., Hilbert, A., & Kocalevent, R. D. (2017). Optimism and pessimism in the general population: Psychometric properties of the Life Orientation Test (LOT-R). *International Journal of Clinical and Health Psychology, 17*(2), 161-170.
- Kyriazos, T. A., Stalikas, A., Prassa, K., Galanakis, M., Yotsidi, V., & Lakioti, A. (2018). Psychometric evidence of the Brief Resilience Scale (BRS) and modeling distinctiveness of resilience from depression and stress. *Psychology, 9*(7), 1828-1857.

Commented [PWL20]: In the instructions for the *Method* section I provide sources for each survey used. They don't HAVE to be used, but since that is where these surveys were obtained, it would make the most sense to use them.

My sources also provided the reliability measures asked for, which I also included in the instructions document.