Accomplishments

- Obtained PDAs with PALM OS, Obtained The Experience Sampling Program (ESP), Programmed PDAs with ESP, Troubleshot ESP on PDAs, Conducted Pilot Study amongst team members; <u>PDAs completely ready for participant use</u>
- Listed possible recruitment options, divided options into tiers by distance as part of a long-term recruitment plan, prepared both advertisements, <u>Created a long-term recruitment plan, Commenced recruitment, Recruited a large number of potential participants</u>
- Drafted a screening script, rehearsed possible screening call situations; <u>Commenced Phone Screen Interviews, successfully accepted a number of participants</u>
- Organized all necessary paperwork in an office, determined system for recording phone messages and participant data, learned how to obtain data from a PDA; <u>Commenced Message Taking, Downloaded participant data</u>

From this, it is clear that the work of each team lead to the accomplishment of the final goal. The study has begun and a number of participants have already completed the week-long trial.

Path Forward

During this semester, the data analysis will begin. The recruitment and screening of participants, as well as data collection and analysis, will continue into the 2007 spring semester.

Acknowledgements

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IPRO 306

Enhancing Psychology Research Through Advanced Communications Technology

Team Members:
Tarek Abou-Nemeh
Tina Chiu
Kevin Franke
Alice Jacob
Christopher Jones
Chelsea Miller
Emma Sweikert
Vladislav Vilenchick
Stephanie Walter

Faculty Advisors/Sponsors:
Dror Ben-Ze'ev, M.S.
Michael Young, Ph.D.

Problem

There exists an uncertainty in the data of psychology research. The reliability of the clinically depressed population's retrospective recall of mood is unproven. The term "retrospective recall of mood" refers to the ability to remember past emotional experiences. While the scientific literature shows exaggeration of positive affect with healthy individuals, the cognitive patterns in clinically depressed individuals are still unknown. IPRO 306 will help to assess whether the patterns of retrospective recall of mood found in clinically depressed individuals are different from those seen in the non depressed clinical population.

The results of this study are both scientific and clinical in application. Advanced technology allows researchers to obtain instantaneous measurement of mood which can be used to determine the accuracy of a person's retrospective recall.

This is done by evaluating recall accuracy in the non-hospitalized clinically depressed population and comparing it to that of the non-clinical population.

Background

Fortunately, psychological researchers have developed the Experience Sampling Method (ESM) to effectively obtain reliable self reports and the Positive and Negative Affect Schedule (PANAS) to measure one's current affect. With the technological advancement of Personal Digital Assistants (PDA), data collection has become not only more reliable, but also simpler for researchers to work with. Hopefully, the data collected from this study would provide some insight on the clinically depressed and their memory accuracy of affect. Results could provide therapists with a clearer understanding of their clinically depressed patients.

Because this study involves human participants, it is important to consider all guidelines set by the Institutional Review Board. For this reason, all members on the team have completed the Human Participants Protection Education for Research Teams online course.

Goals

- Establish the materials and methods of conducting the study
- Obtain PDAs
- Prepare PDAs for Participant Use
- Develop Recruitment Plan
- Commence Study

Organization of Sub-teams

Because the study involved a variety of preparation and work, sub teams were necessary. Each sub team developed its own necessary materials and methods for use during the study.

- **PDA Sub-team**: This sub-team is responsible for aiding in the decision of which PDAs to use, programming PDAs, and working out any possible problems participants might encounter during the study.
- **Recruitment Sub-team:** This sub-team is responsible for creating a long-term recruitment plan that involves various form of advertising which will recruit volunteers until the study is complete.
- **Screening Sub-team:** This sub-team is responsible for making sure volunteers are eligible to participate in the study. Specifically, it is responsible for drafting a screening script, and conducting a phone interview with each interested participant to determine eligibility.
- **Data Management Sub-team:** This sub-team is responsible for collecting the voicemail messages left and organizing for each og the screeners. Also, it is responsible for downloading and backing-up the data.
- **IPRO Deliverables:** This sub-team is responsible for writing, preparing and uploading all of the required IPRO deliverables.

Obstacles

- ESP software was not compatible with HP iPAQ originally obtained
  - The team decided to use a PDA with PALM OS which allowed for the use of ESP.
- Phone numbers were no longer in-service at multiple recruitment locations
  - New places in the same areas were used to compensate for any places that were no longer available for the posting of recruitment flyers.
- Confidentiality constraints
  - A space was designated for research assistants to make calls and store data.
- Individual time constraints
  - Team members were divided into two groups; one that takes messages and one that makes phone calls, thus dividing the work
- Communicating with a student with disabilities
  - Minutes and iGroups used to fullest extent to insure good communication