

Effect of Chocolate Consumption on Happiness

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## Method

### Participants

Twenty students enrolled in psychology courses at Wofford College participated in this study. Participants consisted of 11 females and nine males ranging in age from 18-22 years ( $M = 20.10$ ,  $SD = 0.76$ ).

### Materials

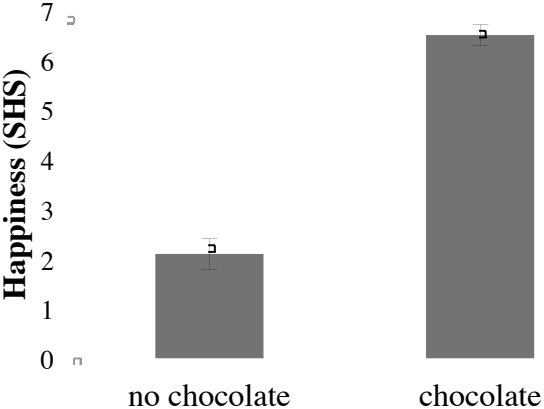
The materials included in this study were Nestle Milk Chocolate Bars as well as the Steinmetz Happiness Scale (SHS; Steinmetz, 2013), which provides a self-report measure of happiness on a 1-7 scale.

### Procedure

All participants were first given the SHS. Participants were then randomly assigned to one of two groups: the chocolate eating group or the non-chocolate eating group. The chocolate group was asked to eat the chocolate, while the non-chocolate group was told nothing. Five minutes later, all participants were asked to complete the SHS, and ratings of happiness were compared between the two groups.

## Results

As hypothesized, the results of an independent samples t-test showed that the group who ate the chocolate ( $M = 6.50$ ,  $SD = 0.70$ ) were significantly happier than the no chocolate group ( $M = 2.10$ ,  $SD = 0.99$ ),  $t(18) = 11.40$ ,  $p = .02$  (see Figure 1).



*Figure 1.* The effect of chocolate on happiness. Error bars represent standard error of the mean. SHC = Steinmetz Happiness Scale

### **Cover Page**

*Title:* no more than 12 words (capitalize each word), centered and positioned in upper half of page.

Under title, include author name(s) and your affiliation (Wofford College).

*Running head:* located in header, aligned with left side. This is a shortened version of your title, all in caps, and it cannot exceed 50 characters

- On the title page, it should say “Running head: XXXX” (insert short 3-5 word phrase describing your study instead of X’s)
- On subsequent pages, only include the actual running head, not the phrase “Running head: XXX”
- To make the first page different from subsequent pages:
  - Mac: double click on the header, go to ‘Header and Footer’ and check ‘Different First Page’ under options
  - PC: double click on the header, go to ‘Header and Footer Tools’ and check ‘Different First Page’ under design

Page number on right top corner of all pages

### **Formatting**

Times New Roman, 12 point font, 1-in margins, double-spaced

Section headings are in bold and centered. Subsection headings are in bold, on a separate line from the text, and aligned to the left margin.

### **Method**

#### **Participants**

- Total number of participants and how they were recruited for the study.
- Demographic characteristics: gender (and the number of participants of each gender), age

- Report age as a range and provide the average age of the participants (and standard deviation)
- *Style notes:*
  - Statistical symbols are in italics: Mean = *M*, Standard Deviation = *SD*
  - Numbers less than 10 or at the beginning of the sentence are written out (i.e. Twenty students participated in the study; 11 were female, nine were male)

### **Materials**

- Provide the reader the specifics for the types of materials used and any appropriate references (i.e. for a survey).
- Scales are described

### **Procedure**

- Describe, in as brief a manner as possible, what you did in the study and what you measured.
  - e.g. control and experimental groups (and how participants were assigned), testing conditions, etc.
  - Briefly summarize how data were collected, and what was analyzed
- Provide reader with enough detail to repeat, but not enough to bog them down in things they already know how to do
  - Example: baking a cake – provide only the necessary details
- *Style notes:*
  - Do not use narrative voice – avoid transitions such as then or next

### **Results**

This section simply summarizes the results; it does not provide interpretation of those results.

- However, don't bog your reader down in numbers – tell them what the results indicate
- State whether the result is significant and the direction of change.
- Within your results sentence, provide the mean and SD of each group
- Include the statistical result in the sentence.
- Refer to the appropriate figure with the results section to tell your reader where to look to see a graphical representation of the data.

A good way to start a results section is to say, “As hypothesized, the results of ...” or “Contrary to the hypothesis, the results of ...”

*Style notes:*

- Statistical symbols are in italics:  $M$ ,  $SD$ ,  $t$ ,  $p$
- State exact  $p$  value, unless it is under .001 (at which point, report as  $p < .001$ )
- Numbers that *can* take on a value of more than 1 (i.e. SD) have a 0 in front of the decimal point. Numbers that can't be more than 1 (i.e. correlation coefficient or  $p$  value) do not have a 0 in front of the decimal point.
- Data are plural; an individual data point (*datum*) is singular. Therefore, data *were* analyzed, not *was*.

**Figures**

In APA style, figures are provided on a separate sheet of paper (1 figure per page) at the end of the text, not embedded within the text.

- The figure is centered on the page, with the figure caption directly below (no title)
  - Graphs should be in gray scale
  - The y-axis should be labeled with the dependent variable and the scale specified
  - Should include error bars (standard deviation – above and below mean)
  - There should be no border around graph
  - Graphs should also be in Times New Roman font
  - Remove horizontal lines and erase legend unless defining two groups
- Figure caption:
  - *Figure x*. Figure and number are italicized, followed by a period.
  - Briefly, orient the reader to what you're showing them and define any variables.
  - State what the error bars represent.