

Effect of Chocolate Consumption on Happiness

Katherine Steinmetz

Wofford College

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).

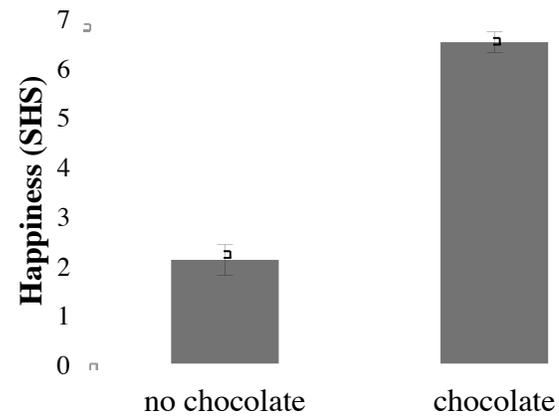


Figure 1. The effect of chocolate on happiness. Error bars represent standard error of the mean. SHC = Steinmetz Happiness Scale

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.