

Controlled vs Uncontrolled Research Study

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Introduction

For this Research Poster Fair we decided to compare the two research studies we have been involved with over the last two semesters of our Behavioural Science program. We had the pleasure in participating in the Promotion of Recycling and the implementation of the OSCAR AI technology that has recently been installed, as well as our own hypothetical research studies.

Our Roles

Our role for these research projects was to observe, and collect data. Creating visuals, implementing different ideas and changing different strategies as we saw fit. Within our own research studies we had to come up with what we wanted our projects to be based on, what direction we wanted our studies to go, and what we felt would be the most important topic to cover.

The Challenges

- Time Management
- Intervention Implementation
- Data Collection Coordination
- Adherence to Research Protocol

Skills Learned

The skills we learned were the specific areas and elements that are needed to be included when carrying out a research study. An example of this could be going over informed consent with all participants before the study begins, as well as having to make multiple adjustments throughout the study as situations or problems arise.

Recommendations

Some recommendations we would tell to Canadore/Nipissing students would be to allow yourself to be creative in terms of research, and invest your study into something that you're personally interested in or something that is going to improve your understanding of future endeavours that you may come across.

Our Hypothetical Studies

Shelby's Study

Originally, I had a hard time trying to figure out what I wanted my research project to be on. I knew I wanted to work with children with autism spectrum disorder, this in turn led me to think of environments that children visit that may cause them stress/anxiety. This led me to think of the dentist. By being able to provide dental hygienist with some basic ABA training on how to provide a more comfortable environment to their clients with ASD. Leading to a better experience for before the child with ASD and the dental hygienist.



Breanna's Study

For my study I decided to focus on the stress amongst individuals that work in high rates of burnout industries, specifically, Mental Health and Addiction workers. Although this study was hypothetical, I decided I wanted to study research supported alternatives of coping strategies to see the long term effects and if there were any decreases of stress levels for this demographic. The purpose of this study was to eventually determine the best stress reducing strategy in hopes that its effects would work on a larger group of individuals that are experiencing mental fatigue, to hopefully reduce risk of burnout in the future and create an awareness.



Graeme's Study

I chose to explore Applied Behaviour Analysis in the health & fitness realm. The primary goal of my study was to evaluate how individuals, through the acquisition of self-management and self-monitoring skills, can enhance their ability to pursue and achieve personalized fitness objectives.



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