

A Cup of Placebo Effect Log Book

Jan. 27 get together to work on questionnaire

Feb. 4: get together to work on questionnaire

Feb. 6: video chat to finalize questionnaire, create log spreadsheet, and instructions for experiment administrators

Monday, Feb. 12, 8:30-9:30 am

- Experiment administrator set up in Riddell Library on the MRU campus in room 1-G from 8:30-9:30am.
- Participants met the administrator in this room. She asked them to fill out the informed consent form and took their heart rate. She recorded their names and heart rate in a spreadsheet.
- She asked if they wanted milk in their coffee and recorded that information as well
- The set up of the room allowed the administrator to obscure participant's vision of the coffee pods and machine. They could not see what they were getting.
- Administrator provided coffee to participants with instructions to return 15 minutes after finishing the drink to have their heart rate measured again and to fill out the questionnaire.
- Participants were in the library in various places. Administrator did not always have eyes on them.
- 10 participants participated in this session

Tuesday, Feb. 14, 8:30-10:00 am

- Experiment administrator set up in Riddell Library on the MRU campus in room 1-L from 8:30-10:00am.
- Participants met the administrator in this room. She asked them to fill out the informed consent form and took their heart rate. She recorded their names and heart rate in a spreadsheet.
- She asked if they wanted milk in their coffee and recorded that information as well
- The set up of the room allowed the administrator to obscure participant's vision of the coffee pods and machine. They could not see what they were getting.
- Administrator provided coffee to participants with instructions to return 15 minutes after finishing the drink to have their heart rate measured again and to fill out the questionnaire.
- Participants were in the library in various places. Administrator did not always have eyes on them.
- 2 participants participated in this session

Tuesday, Feb. 14, 11:30-12:30

- Experiment administrators set up in Riddell Library on the MRU campus in room 1-G from 11:30-12:00 and then moved to a central table space in the library.
- Some (2) participants met the administrator in this room. She asked them to fill out the informed consent form and took their heart rate. She recorded their names and heart rate in a spreadsheet.
- Some participants (3) met the administrator in the central library space.
- She asked if they wanted milk in their coffee and recorded that information as well
- The set up of room 1-G
- administrator to obscure participant's vision of the coffee pods and machine. They could not see what they were getting.
- The set up of the central library space was more tricky. Administrator used a chair to obscure the participant's field of vision and asked them to turn their backs to the table while she picked pods and hid them inside a coffee cup so participants couldn't see what they were getting. (see image). Once the pod was inside the machine, participants could turn around.
- Administrator provided coffee to participants with instructions to return 15 minutes after finishing the drink to have their heart rate measured again and to fill out the questionnaire.
- Participants were in the library in various places. Administrator did not always have eyes on them.
- 5 participants participated in this session

Feb. 14

- Started inputting current data into spreadsheet
- Removed invalid data (people who didn't complete the whole questionnaire)

Feb. 22, all day

- Experiment administrator set up in her private office at work
- Participants met the administrator in this room. She asked them to fill out the informed consent form and took their heart rate. She recorded their names and heart rate in a spreadsheet.
- She asked if they wanted milk in their coffee and recorded that information as well
- The set up of the room allowed the administrator to obscure participant's vision of the coffee pods and machine. They could not see what they were getting.
- Administrator provided coffee to participants with instructions to return 15 minutes after finishing the drink to have their heart rate measured again and to fill out the questionnaire.
- Participants went back to their offices. Administrator did not always have eyes on them.
- 10 participants participated in this session

Feb. 23, all day

- Experiment administrator set up in her private office at work

- Participants met the administrator in this room. She asked them to fill out the informed consent form and took their heart rate. She recorded their names and heart rate in a spreadsheet.
- She asked if they wanted milk in their coffee and recorded that information as well
- The set up of the room allowed the administrator to obscure participant's vision of the coffee pods and machine. They could not see what they were getting.
- Administrator provided coffee to participants with instructions to return 15 minutes after finishing the drink to have their heart rate measured again and to fill out the questionnaire.
- Participants went back to their offices. Administrator did not always have eyes on them.
- 3 participants participated in this session
- researched variables and defined key terms in CYSF platform

Feb. 25

- Inputted remaining data into spreadsheet
- Began running numbers through excel/sheets to start with our data interpretation
- Typed up information on variables

Feb. 26

- Worked on data analysis

Mar. 1

- worked on data analysis

Mar. 3-5

- Worked on inputting remaining data into the CYSF portal

Mar. 6-7

- Worked on Slides presentation

Mar. 8

- Final edit of data on CYSF portal and Slides
- Submitted project to CYSF