Stories and Wellbeing (#111307)

Author(s)
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1) Have any data been collected for this study already?
No, no data have been collected for this study yet.

2) What's the main question being asked or hypothesis being tested in this study?
Exploration into the extent to which different aspects of wellbeing are affected by reading and creative writing.

3) Describe the key dependent variable(s) specifying how they will be measured.
The Patient Health Questionnaire-9 (Kroenke & Spitzer, 2002) - screening for symptoms of depression
The Brief Multidimensional Students' Life Satisfaction Scale (Huebner et al., 2006) - altered to measure general career/study satisfaction
The Generalised Anxiety Disorder-7 Scale (Spitzer et al., 2006) - screening for symptoms of anxiety
The Brief Resilience Scale (Smith et al., 2008) - measurement of how easily the individual can bounce back from stress
The State Optimism Questionnaire (Millstein et al., 2019) - measure of state optimism, how generally positive the persons outlook is toward life
Quality of Life BREF (World Health Organisation, 2004) - standardised general test for overall life satisfaction

4) How many and which conditions will participants be assigned to?
3 Conditions: creative writing, trauma-relevant reading, and trauma-irrelevant reading. Participants will be allowed to choose either the reading or the creative writing intervention - these will not be randomly allocated. The reading group overall will be randomly allocated to trauma-relevant or trauma-irrelevant condition.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.
Paired t-tests comparing mean scores before and after intervention will be used to determine if there is a significant difference between wellbeing scores before and after intervention. We will then use a linear mixed effects model to estimate the relative slope increase in the three intervention groups and compare them to one another, and explore whether certain aspects of wellbeing improve more than others. Linear mixed effects models will also be used to explore the differences before and after the interventions in relation to individual differences.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.
We will exclude data of participants who completed less than four of the six total sessions.
Data will be excluded where responses show no variation in data within one testing time-point.
If a participant does not complete at least three of the measures (50%) both before and after the intervention, their data will be excluded.

7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.
We will be aiming for 20 participants per group so will initially recruit 30 participants per group to account for data loss.

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)
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