MTurk Exercise Copy and paste study 191016 (#29428)

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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?

We hypothesize that participants who are randomly assigned to a treatment condition that encourages them to copy and paste exercise hacks from people they know (i.e., learn an exercise hack that works well for somebody the participant knows and try it out) will report having exercised more and feeling more motivated to exercise in the past week when compared to study participants randomly assigned to a condition that receives an exercise hack from the experimenters or participants randomly assigned to an inactive control condition.

3) Describe the key dependent variable(s) specifying how they will be measured.

Our dependent variables are participants' responses to the following questions: "How motivated did you feel to exercise this week?" and "Overall, how much time did you spend exercising in the past week (in hours)?". The first question has five potential answer choices (i.e., Extremely motivated, very motivated, moderately motivated, slightly motivated, not at all motivated), and these will be coded from 1-5 (1 = extremely motivated, 2 = very motivated, 3 = moderately motivated, 4 = slightly motivated, 5 = not at all motivated). In the second question, participants select an answer from a dropdown menu with values ranging from 0 hours to more than 25 hours in half hour increments.

4) How many and which conditions will participants be assigned to?

Participants will be randomly assigned to the copy and paste condition, an information control condition, or an inactive control condition. In the copy and paste condition, participants will be told to find an exercise hack that someone around them uses and then try it out for a week. In the information control condition, participants will be told an exercise hack that they will be asked to try out for a week. In the inactive control condition, participants will not receive any instructions related to exercise.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.

For each dependent variable, we will conduct a linear regression with a dummy indicator for the copy and paste condition and a dummy indicator for the information control condition controlling for the time a participant reported that they spent exercising in the previous week, participant age, and participant gender. We will also conduct a Wald test to compare the copy and paste and information control conditions.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.

We ask participants in our first survey: Would you like to exercise more? If they would not, then these participants are redirected to the end of the survey, and are not exposed to our manipulation. Thus, they are excluded from analysis. If a participant fails to pass the comprehension quiz in the first survey, then she will be excluded. To be included in our analyses, it is necessary for participants to complete the first survey, the second survey, and at least one of the DVs in the third survey. Sometimes, participants may partially complete a survey and then return later to complete it. In this instance, we would have two observations, but we would only keep and analyze the observation in which the survey was completed. Any participants who fail to eventually complete all of these steps will not be included in our analyses because we won't have the ability to assign values to their DVs. However, we will report any such missing data and check for imbalances in missing data across conditions.

If a participant completes any of our surveys more than once (i.e., an ID or IP address appears more than once within a survey), we will only analyze data from the first time any duplicate IDs or IP addresses appear with complete data (and we will throw out other data).

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 intend to collect data from 1200 participants online via Amazon Mechanical Turk.

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

We are also exploring nine potential mediators. We will conduct a bootstrapping mediation analysis with each question.

We give participants the option to upload a screenshot of their steps over the past week in exchange for an additional bonus and will explore this secondary dependent variable though expect to have very limited data available and thus be underpowered to detect effects. To test this secondary dependent variable, we will run a regression where the dependent variable is the total number of steps over a week. The independent variables will be a dummy indicator for the copy and paste condition and a dummy indicator for the information control condition controlling for the time a participant reported that they spent exercising in the previous week, participant age, and participant gender. We will use a Wald test to compare the coefficient

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estimates of these two conditions.