

## Experiential Appreciation Manipulation (#51221)

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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?

Overall, we aim to demonstrate that experiential appreciation (EA) is a unique predictor of meaning in life (MIL). We have conducted 6 studies that have provided support for this idea. The current project aims to directly manipulate experiential appreciation to show that these experiences vs. more neutral experiences contribute to the belief that one's life has meaning.

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

The main dependent measures are a 4 item measure of global meaning in life and a 5 items experiential appreciate measure. We will also assess coherence, purpose, mattering, PA, and how much detail people report when thinking about their experience (e.g., in manipulation). All of these variables are predictors of global meaning in life and will be used as covariates in secondary analyses.

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

Participants will be assigned to one of two conditions. In both conditions, participants will first read about the specific topic. They will then write about the topic (see below for instructions).

#### Experiential Appreciation Condition

We are interested in understanding the types of experiences that people naturally appreciate. Specifically, people's intrinsically valuable experiences. Intrinsically valuable experiences often represent experiences that are rewarding for themselves, like noticing the beauty of a sunset, feeling immersed in an activity, or feeling a strong sense of connection with other people or the environment.

In this spirit, we would like you to complete a short writing task describing a time in the past month that you had an intrinsically valuable experience.

Close your eyes for a moment and try to relive the experience as much as possible. Try get a vivid image of the experience in your head before you write about it. Throughout this task please do not worry about spelling or grammar, just try to re-experience the event! Please try to write in as much detail as possible.

While writing, you may want to consider some of the following questions to help. - Where were you when the event took place? - Were you by yourself or were other people there too? - What types of emotions did you experience at the time? - Why do you appreciate the experience so much?

#### Control Condition

We are interested in understanding the types of common experiences people have in their lives. Specifically, the common places people go to during a normal week. People typically go to a number of ordinary places, like going to the grocery store, the gas station, or the mall.

In this spirit, we would like you to complete a short writing task describing a time in the past month that you went to of one of these types of places.

Close your eyes for a moment and try to relive the experience as much as possible. Try get a vivid image of the experience in your head before you write about it. Throughout this task please do not worry about spelling or grammar, just try to re-experience the event! Please try to write in as much detail as possible.

While writing, you may want to consider some of the following questions to help. - Where did you go? - Were you by yourself when you went there? - What types of emotions did you experience at the place? - Why did you go to this place?

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

We will first conduct t-tests on all primary variables. We predict that the manipulation will influence Global Meaning in Life and Experiential Appreciation showing higher ratings for each DV in the experiential appreciation condition. We will for mediation using Hayes macro for SPSS. EA condition (vs. neutral) will be entered as the independent variable. In one analysis, coherence, purpose, mattering and EA will be entered as simultaneous mediators, and MIL will

be entered as the dependent variable. In a second analysis, coherence, purpose, mattering, EA, PA, and detail will be entered as simultaneous mediators, and MIL will be entered as the dependent variable. We predict that EA will uniquely mediate the relationship between the condition and MIL in both analyses.

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

We will exclude any participants who fail a seriousness check item at the end of the survey (i.e., we will exclude participants who say we should exclude their data because they didn't take the study seriously), who fail to complete the writing prompt, or who do not write about the given topic.

**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 conducted an a priori power analysis to achieve a power equal to .80 with an anticipated effect size of  $d = .25$  at an alpha level of 0.05 (one-tailed) to detect the effect of manipulation experiential appreciation on meaning in life, with an independent t-test. The power analysis yielded that a total sample size of 398 is required (199 for each condition). Thus, we aim to collect a sample of at least 400 participants. We will open up timeslots one week at a time. Once we hit 400 participants, we will not release timeslots for the following week, but will finish out any participants already scheduled for the current week. This may result in a sample over 400. Data collection will most likely take between 2-3 weeks. When we start the study, we will only have 3 weeks left in our subject pool. In case we fail to meet our intended sample size, we will collect more participants using mechanical turk and merge the two samples.

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