Experiment

A psychologist wanted to investigate if people are less stressed when they are presented with a pleasant smell. Using a laboratory experiment, the researcher presented two different groups of participants with a stressful task to complete. Participants were selected using a self-selected (volunteer) sample of university students. The first group of participants completed the stressful task and were not exposed to any additional smell. When the second group of participants completed the same stressful task the psychologist placed the smell of freshly baked bread in the room. At the end of the stressful task, the psychologist asked all of the participants to rate how stressful they had found the task, using a scale (0 – no stress; 10 – very stressful). The researcher then calculated the mean stress score for both groups of participants.

|  |  |
| --- | --- |
|  | Mean stress rating |
| **Completed stressful task without the**  **smell of freshly baked bread** | 5.8 |
| **Completed stressful task with the**  **smell of freshly baked bread** | 5.5 |

(WJEC PY2, May, 2017)

|  |
| --- |
|  |