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Taber, J. M. (2016, June 23). Optimism and spontaneous self-affirmation are associated with lower likelihood of cognitive impairment and greater positive affect among cancer survivors. Retrieved November 9, 2018, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4919121/>

The study attempted to examine the correlations between spontaneous self-affirmation and optimism with physical, mental, and cognitive health and information seeking among cancer patients. The participants involved all at some point in their lives had a form of cancer; they varied based on other factors such as gender, age, and types of cancer. In total, 326 different cancer survivors were asked a series of questions including how they felt about their health, their confidence to take care of themselves, how they felt emotionally, and how long had it been since they were diagnosed with cancer. The cancer patients consisted of 67.5% non-Hispanic white people and 60.7% of all the participants were female. Further, the average age of the patients was 65.3 and their median household income was \$35,000 to \$49,999. Finally, the education mean of the participants was “some college education” and they all had cancer within 6 years of the study taking place. The experiment concluded that optimism and SSA may be associated with beneficial health-related outcomes among cancer survivors. This experiment relates to the experiment that will take place at the psychology fair because it demonstrates how Self-Affirmation can make a noticeable difference in the way people operate. The psychology fair experiment focuses on the psychological aspects of self-affirmation, while the cancer study focused on the physical effects of self-affirmation on people.

Skinner, B. R. (2013). The Relationship Between Confidence and Performance Throughout a Competitive Season. *DigitalCommons@USU*. Retrieved November 9, 2018, from <https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1284&context=gradreports>.

The purpose of this study was to examine a possible correlation between the confidence of both player and coach and sports performance in the duration of a competitive season. The participants included a college women's volleyball team and a college women's soccer team, both from the same school located in the western United States. The way the confidence of the team was measured was through a Collective Efficacy Questionnaire for Sport- administered for the players- and the Coaching Efficacy Scale- administered to the coaches- that was given five times throughout the season. The confidence of both player and coach were recorded onto a line graph and correlation coefficients were determined to find if the confidence of the players connected to the confidence of the coaches. The results they found showed a correlation to the confidence of both coach and team. The study found that there was a direct correlation between confidence and sports performance. This relates to the experiment that will take place at the psychology fair because it will be tested for how confidence in oneself can affect their ability to complete certain tasks. This study proved that the more confidence a person is, the better they

perform on the field. For the psychology fair experiment, it will try to be proved that the more confident a person is, the better they can perform in randomized trivia questions.

Guptha, L. S., DO. (2017, April 25). To Affirm or Not Affirm? Retrieved November 9, 2018, from <https://www.psychologytoday.com/us/blog/embodied-wellness/201704/affirm-or-not-affirm>

The question the study was trying to answer was: Does the awareness of self-affirmation benefits undermine its impact when participants are instructed to self-affirm? The participants in both groups were randomly made, not specifically choosing a certain gender or race. Two groups were made aware of the benefits self-affirmation statements give when dealing with academic performance. One group was instructed to write these statements, the other group was given a choice. This experiment didn't take long to run and measure, therefore one experiment's information was gathered quite quickly. The experiment ran twice, and both times the group that was required to write the statements did poorly compared to the people who had a choice. Thus, led the experimenters to conclude, "if people benefit from deliberately choosing to self-affirm, perhaps they can learn to incorporate self-affirmation into their arsenal of tools for coping with everyday threats and thus become agents in the maintenance of their own well-being." (Guptha 2017). This experiment relates to the experiment at the psychology fair because both include testing the impact self-affirmation statements have on academic performance, although the claims on the psychology fair study are different.

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Imagine the possibility of your subconscious thoughts about yourself affecting the way you performed in activities following shortly after. Many studies about this topic were conducted by different people. Specifically, one study was done where one group was instructed to write self-affirmation statements and the second group was giving the option to write these statements. (Guptha, 2017). They were testing if being instructed changed the impact of writing the statements. There were no specific participants, such as gender or ethnicity, and the experiment didn't take long at all. The participants only wrote the statements and then took a quiz. They ran the experiment twice and got the same results both times. The group that was instructed to write the statements did poorly compared to the people who were given the option to write them. Another study was done on if there were correlations between a coach and the players' confidence during competitive performances (Skinner, 2013). This experiment included both a women's soccer team and a women's volleyball team. The players were given a questionnaire and the coaches were administered a Coaching Efficacy Scale, both were given 5 times over the span of the season. The study found that there was a direct correlation between confidence and

performance. Lastly, a study was conducted about the correlation between self-affirmation and a person's health (Taber, 2016). The study included cancer patients, but the age, gender, and type of cancer varied. These patients were asked about how they felt mentally, their confidence to take care of themselves, and how they generally felt about their health. This study concluded that optimism and confidence may be associated with positive outcomes among cancer patients. All of these studies were conducted around the idea of being confident and having self-affirmation, which thoroughly influenced our idea of having people write positive statements about themselves and being quizzed shortly after.

The goal of the experiment taking place at the Psychology fair is to discover if self-affirmation statements affect personal success in activities that take place within 5 minutes after the affirmation. This experiment would match the background studies which all evaluated relationships between positive self-affirmation and thoughts with various functions in life (including completing different mental and physically straining activities). One study chose to evaluate whether positive self-affirmation and thoughts about ourselves affected the emotional, physical, and cognitive health of cancer patients (Taber, 2016) The next study chose to evaluate whether confidence between a coach and player affected the player's performance in games. (Skinner, 2013) The final study evaluated whether self-affirmation became worthless in situations where the participant was told to self-affirm themselves. (Guptha, 2017) The experiment that is taking place at the psychology fair is similar to the study on confidence being associated with performance in sports games as they both examine whether positive thoughts affect performance in activities that follow. However the experiment that is taking place at the psychology fair slightly differs from the other two. The cancer study focuses more on how self-affirmation affects the health of participants, while the study that will be conducted at the psychology fair focuses on the participants performance in activities. In addition, the experiment that will be conducted at the psychology fair differed from the study that evaluated whether self-affirmation becomes worthless if the participants are told to self-affirm as ours focuses does not tell the participants that they need to self affirm. Instead, the psychology fair experiment participants will just be asked to write down adjectives describing themselves. It will then be observed whether there is a correlation between the positive and negative adjectives with success. The experiment that will take place at the psychology fair's topic affects people's lives as it could be a breakthrough in the way people complete daily tasks. If people focus on being more positive when completing the tasks, then they are likely to have a much higher success rate without having to work half as hard.