

499 Enrollment Form

Check all that apply: 499 A 499 B 499C

Please type your responses using an electronic copy of this form. Contact Joy Drinnon for a copy or visit the Office of Undergraduate website.

Enrollment Term and Year: Spring 2013

Student Name(s) and Contact Info: Kate Handzlik

Faculty Mentor(s): Bert Allen

Student Major and Expected Graduation Date: Psychology, May 2014

Desired prefix for this 499 (e.g., BIBL, HUMN, PSYC): PSYC

Relevant Prerequisite Courses/Experience: PSYC 259, 359, and MATH 213

Anticipated Expenses or Special Equipment Needs: None

Planned research activities (499A): *Please attach a list of research activities you and your mentor plan to do this semester.*

Research Proposal (499 B): *Please attach a typed research proposal which follows the attached guidelines.*

Conference Plans (499C only): *Please attach a description of any conferences or journals where you hope to share you research. Please attach a copy of an abstract and bibliography of your research thus far. (Note: The committee may request additional information if this is a new project and you do not already have a 499B proposal on file with the Office of Undergraduate Research.)*

Student's Signature: _____

Mentor's Signature: _____

Area Chair's Signature: _____

Director of UR Signature: _____

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499A PLANNED RESEARCH ACTIVITIES (Spring 2013)

I will meet weekly with my mentor or stay in touch by email to carry out the following research activities:

- Conduct a thorough search of databases, such as PSYCInfo to find relevant sources
- Obtain, read and review the sources
- Create an annotated bibliography
- Formulate a research question and hypothesis consistent with the background literature
- Write an outline of my introduction
- Write an introduction for my paper ending with a stated hypothesis
- Identify measures and methods for testing the hypothesis
- Write a 499B research proposal with method section and planned analyses

Additional activities:

- Attend 499 workshops as recommended by my advisor

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499B (Fall 2013)

Section 1: INTRODUCTION AND PURPOSE OF THE STUDY

The topic of my research is resiliency and depression among low-income residents served by a ministry known as Appalachia Service Project (ASP). I chose this project because I have an interest in learning more about the psychological and physical wellbeing of residents in Central Appalachia. I am a psychology major so this project will help me to apply what I have learned about resiliency and depression to people in my own community. The research is also of value to ASP as an organization. Dr. Allen and Dr. Drinnon have been working with ASP for a few years to collect data for them. My project is an extension of the research that is on-going and will help them to learn more about how their ministry efforts have helped the people they serve.

Section 2: STATEMENT OF THE PROBLEM

From my background research I have learned that low-income residents of Appalachian are at an increased risk for depression. However, I have also learned that the trait of resilience can buffer the effects of hardship. With resilience, individuals are able to maintain level headedness and bounce back from adversity. Several studies have shown an inverse relationship between depression and resiliency, but none have specifically investigated these variables among a sample of residents from Central Appalachia. Therefore, the primary goal of this study is to determine whether or not depression is related to resiliency among low SES residents living in Central Appalachia. Specifically, I predict that there will be an inverse correlation between resiliency scores and depression scores, such that those with more resiliency will self-report less depression. I will also look to see if there is any relationship between resiliency and psychosomatic symptoms, but those will be secondary analyses intended to prompt future research.

Section 3: APPROACHING THE PROBLEM

The participants for this study will be a sample of residents from Central Appalachia who received assistance from Appalachia Service Project (ASP) in the form of home repairs and renovations in the summer of 2013. These repairs included replacing roofs, porches, flooring, doors, or windows, installing insulation or plumbing, and digging wells. I will attempt to contact at least 50 residents by phone using a random selection method. I will use lists provided by ASP of all the residents served in the summer of 2013. I will randomly select residents from all 23 counties and call them using home telephone numbers provided by ASP. This is a method that has been used successfully by Dr. Drinnon and Dr. Allen with this same population and ASP has agreed to provide the phone numbers and even a cell phone on which to make the calls. When contacting residents I will explain the study purpose and conduct the survey over the phone. The survey is one that has been modified from earlier versions used in previous research with ASP. While the research with ASP has already been approved by the Milligan IRB, I will submit a revised proposal to show how we have added and deleted questions for this version of the survey. Ethical procedures will be followed throughout the study to protect the rights of participants.

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All participants will be read the 77 item survey and asked to answer the questions by indicating their answer using a Likert-type template with rating scales as needed. A variety of measures are included in the survey. The main measures for my study, however, are a shortened version of The Center for Epidemiologic Studies Depression Scale (CES-D), a list of psychosomatic illnesses, and the 24 item Connor-Davidson Resilience Scale (CD-RISC). Responses will be entered directly into a computer program such as Excel for analysis later using SPSS.

My anticipated timeline is as follows: a) obtain IRB approval (by the end of September), b) start calling residents and collecting survey data (October-November), analyze and write results (by first of December).

I plan to present this research at the Annual Appalachian Studies Conference (AASC) held each spring. The abstracts are typically due in October, so I plan to submit my abstract this fall and then finalize my research in time to present a poster at this conference. The conference is typically held in March. The location has not been determined yet.

An alternative conference that I can present at if my abstract is not ready or if I cannot attend the AASC is the Appalachian Student Research Forum (ASRF) held each spring at ETSU. The abstracts for this conference are not due until March and the conference is in April.

Section 4: PRELIMINARY REVIEW OF THE LITERATURE

1. Edin, K., & Kissane, R. (2010). Poverty and the American family: A decade in review. *Journal of Marriage and Family, 72*(3), 460-479.

This source provides background information about the rates of poverty and effects on individuals and family member. It will be used in my literature review.

2. Chen, E. & Miller, G. E. (2012). "Shift and persist" strategies: Why low socioeconomic status isn't always bad for health. *Perspectives on Psychological Science, 7*(2).

This source provides a rationale or theory about why resilience would be a buffer against depression. It will be used in my literature review as I make my case for my hypothesis.

3. Connor, K. M., & Davidson, J. (2003) Development of a new resilience scale: The Connor Davidson scale (CD-RISC). *Wiley Interscience*.

This is the source of one of my measures.

4. Wagnild, G. M., & Collins, J. A. (2009). Assessing Resilience. *Journal of Psychosocial Nursing, 47*(1), 28-33.

This source is important for defining resilience and making the case for its relationship to depression.