

Homework Solutions

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Review Exercise 67

- (a) This was an experiment. The first two groups receive a form of therapy.
- (b) The explanatory variable was the treatment given. The response variable was the amount of improvement in sleep. The levels of the explanatory variable were (1) cognitive behavioral therapy, (2) instruction about muscle relaxation techniques, and (3) a placebo.
- (c) See part (d)
- (d) Who sponsored the research? Did the sponsor have a vested interest in the outcome? How were the subjects assigned to the groups? Were all of the subjects experiencing the same severity of insomnia? How substantial was the improvement of the behavior therapy group? How were the subjects' logs evaluated? Objectively? Did the researchers know when they read a log which group the patient was in?