SAMPLE PROCEDURES

1. Participants will be recruited.

2. Groups of participants will arrive at a computer lab reserved on campus. They will sign-in/register with the experimenter in order to record their names and their instructors/courses/section numbers for extra credit. Because each participant will be assigned to a computer with earphones, multiple participants may be run simultaneously in different conditions.

3. Participants will be asked to sit at a computer, leaving an open seat between themselves and any other participant. Seating will be randomly assigned.

4. When the participant is seated at the computer, the screen will read: "Please wait until the experimenter has completed the informed consent process and tells you to begin." Paper-and-pencil informed consent will be obtained while sitting at the computer. The experimenter will ask participants to raise their hands if there are any questions and will address each question individually. A copy of the consent form will be given to each participant when the signed forms are collected.

5. The experimenter will then say "We are ready to begin the study. It is important that you remain in your seat and complete the study without interruption. Please pay careful attention to the instructions that appear on each screen. The person or people near you are not doing the exact same thing as you are, so it is important that you focus on your screen. You may well finish at different times. When you do, just come up to see me. Please note that you are not logged in to your own account so there is no way to link your answers to your name. From here on, the computer will guide you through the study. You may now begin by clicking on the NEXT button."

6. The following screen will tell the participant to put on the headphones. (Headphones will be cleaned with Cetex between each use.) The screen will read "Put on your headphones and adjust them for comfort. When you are ready, click NEXT. A video screen should appear. Click PLAY."

7. Participants will have been randomly assigned to watch one of five mood induction videos, each of which ranges from 15-19 minutes in duration. The videos are positive high arousal (PHAV), positive low arousal (PLAV), neutral (N), negative low arousal (NLAV), and negative high arousal (NHAV). These videos are clips from broadcast television (multiple clips of the same mood appear in each video) and have been provided to the IRB. [Either the links to the videos or DVDs will be made available to each Committee Member the week before the meeting, if desired.]

8. Following the video, the screen will ask participants to EXIT. The participants will be asked to answer a series of on-line questionnaires:: a University Citizenship Behavior Scale (UCBS in Appendix A), a University Deviance Behavior Scale (UDBS in Appendix B), the Mood Adjective Check List (in Appendix C) and a manipulation check (in Appendix D), and a demographics questionnaire (in Appendix E). Items within each measure will be randomly presented to participants to reduce order effects with-in instruments. Instructions for each scale will precede it, and these appear in the appendices. Each measure will appear on a separate page. The instrument will be programmed so that respondents may skip items they do not choose to answer.

Appendix A: The University Citizenship Behavior Scale is comprised of 21 items, 7 items for each of the following: IRBs, UCB-Is and UCB-Os. IRBs stand for in-role behaviors (fooled you, ha!), UCB-Is stand for university citizenship behavior directed toward individuals, and UCB-Os stand for university citizenship behaviors directed toward the organization. The original scale was developed and validated by Williams and Anderson (1991); the items have been adapted for a student population. Response options are 1 (never) to 5 (always).

Appendix B: The University Deviance Behavior Scale consists of 20 items, 7 directed at UDB-Is and 13 directed at UDB-Os. In 2000, Bennett and Robinson developed the WDB scale, but for this study's purpose the wording of the scale was modified for a student population. Participants responded on a scale with scores ranging from 1 (never) to 5 (always).

Appendix C: The Mood Adjective Check List (Short form). Mood will be measured using the short form of Nowlis’ (1965) Mood Adjective Checklist. The scale is comprised of 33 adjectives to which participants will respond on a scale ranging from 0 (This means you are definitely not feeling that adjective at that moment) to 3 (This means you definitely feel that adjective at that moment). The short form of the MACL is a widely used measure of mood which can be completed in approximately five minutes. The MACL provides information on several subscales of mood that allow for comparisons among high arousal positive, low arousal positive, high arousal negative, low arousal negative, and neutral mood states.

Appendix D: The manipulation check is composed of 10 statements, only two of which apply to each video. A participant must check both statements relevant to a video and no irrelevant statements for her or his data to be included in the study.

Appendix E: The demographic information page will request gender, minority/non-minority status, and the number of hours - on average - that the participant works either on or off campus during the semester.

9. Studies Involving Deception or Withholding Information from the Study Participant: The next page of the on-line survey will debrief the participant. The debriefing will read: "The study which you have just completed was advertised as *examining the influence of TV on social behaviors.* The real purpose of the study was *to see if the mood created by the TV video you saw influenced your reports of university-related behaviors*. Thus, the purpose of the study was to create a mood and see how you reacted. We apologize for the deception. Research has found that mood manipulations are not effective when someone is told 'We're going to try to change your mood.' Therefore, we called the study something else. The effects of mood manipluations such as these rarely last more than a few minutes. Still, the data can provide useful information about how mood is related to thoughts and behaviors. We may better learn how short-term mood is related to positive and negative behaviors in college students. Please be sure that your responses are, in fact, completely anonymous.

Positive, neutral, and negative video clips were played for different people. If you watched a negative video, we invite you to stay for another few minutes to watch a positive one to cheer you up. You are not required to do so but it is an option, and it gives you a better idea of how the manipulation was designed.

Because we intentionally deceived you, you have the right to withdraw your data from the study. This option appears below. If you would like to discuss the study with the primary researcher, Professor XXX in the Psychology Department, her contact information along with contact information for counseling services will be given to everyone as they leave. Please note that is important that you do NOT discuss the purpose of this study with any other potential participant. Doing so would invalidate the results.

Thank you for your help and best of luck with your semester. Please select one of the following and then click on NEXT."

0 I give my permission for my responses to be used in the analysis of this

experiment. I understand that by checking this box and clicking submit my answers will be used in this study.

0 I do NOT give my permission for my responses to be used in the analysis

of this experiment. Please withdraw them from the study and destroy them immediately.

I understand that by checking this box and clicking submit my answers will not be used in this study. "

10. The final page will read "You have now completed the study. Thank you."

The bottom of the screen will then ask them to SUBMIT their responses. "You must conclude the study by clicking SUBMIT below. If you have any further questions, ask the researcher. Please pick up a contact information sheet on your way out." Contact information appears in Appendix G.

11. When the participant has completed the on-line survey, the researcher will ask for any questions or concerns about the experiment. If so, she will address them. Those participants who received either of the negative mood manipulations will be asked if they would be willing to watch a positive video. If so, the experiementer will take the participant back to her or his seat and initiate the high arousal positive video.

12. Finally, all participants will again be asked to keep the nature of the study to themselves. "Please don't forget to keep the nature of the study to yourself. Thanks for your help!" Contamination of the subject pool is a risk when debriefing occurs before all participants are run. However, due to the nature of the manipulation, an immediate debriefing is appropriate.

Note: Because all responses are anonymous and are not recorded on the participant's username, we plan to use Survey Monkey as our on-line data collection tool. In the event Survey Monkey gives us a hard time about linking to a video, we will use a DVD for the video and then begin the on-line part of the study after the video is over. If Survey Monkey misbehaves in other ways, we plan to collect the questionnaire data by paper-and-pencil. All responses will still remain anonymous and be kept separate from the consent forms. The only thing we would add to the paper-and-pencil questionnaire would be a number from 1 through 5 indicating which video was seen by the participant.