

# Alternative Research Assignment (ARA): PSY 250

## ARA Overview:

The alternative research assignment (ARA) requires you to read a number of academic journal articles, think about how they connect to human subjects research and to a topic discussed in class, and report your thoughts in an essay format.

**Your articles used for reference must come from the list of articles on the following pages.** All of these articles are available in full online through the [University Library](#). These articles were chosen by the Human Subjects Committee because they were deemed to be great informative articles which will increase your awareness of human subject research.

## Important Considerations:

1. You must submit your ARA to the Psychology Research Area Canvas page, NOT directly to your professor.
  - a. To join the Canvas page, please email [psychpool@csun.edu](mailto:psychpool@csun.edu)
2. You will not receive credit for the assignment if it contains any plagiarism. The papers are processed by Turnitin and your professors are informed of similarity percentages.
  - a. Using large portions of quotations from the articles to get around the page requirements will result in a high similarity percentage and a lower page count. The purpose of this assignment is to stretch your mind and think critically about new ideas.
3. If you need assistance with the paper please contact your professor, the [University Writing Center](#), or the [College of Social and Behavioral Science Tutoring Center](#).

## PSY 250 Paper Requirements:

- 6 full pages (not including title page and reference page)
- 4 articles (or more!)
- 12-pt font, double spaced, 1-inch margins
- Title page with the following:
  - Name
  - Class (PSY 250)
  - Professor's Name
  - Semester Course Taken
- Reference page
  - APA format preferred

## PSY 250 Journal Articles:

Aronson, J., Fried, C., & Good, C. (2002). Reducing the Effects of Stereotype Threat on African American College Students by shaping theories of intelligence. *Journal of Experimental Social Psychology*, 38, 113-125.

Callaghan, B. L. (2017). [Generational patterns of stress: Help from our microbes?](#) *Current Directions in Psychological Science*, 26(4), 323–329.

Cogle, J. R., Hakes, J. K., Macatee, R. J., Chavarria, J., & Zvolensky, M. J. (2015). [Quality of life and risk of psychiatric disorders among regular users of alcohol, nicotine, and cannabis: An analysis of the National Epidemiological Survey on Alcohol and Related Conditions \(NESARC\)](#). *Journal of Psychiatric Research*, 66–67, 135–141.

Eagly, A. H., & Koenig, A. M. (2021). [The Vicious Cycle Linking Stereotypes and Social Roles](#). *Current Directions in Psychological Science*, 30(4), 343-350.

Goff, P. A., Jackson, M. C., Nichols, A. H., & Di Leone, B. A. L. (2013). Anything but race: Avoiding racial discourse to avoid hurting you or me. *Psychology*, 4(3A), 335–339.

Hofer, M. K., Chen, F. S., & Schaller, M. (2020). [What your nose knows: Affective, cognitive, and behavioral responses to the scent of another person](#). *Current Directions in Psychological Science*, 29(6), 617–623.

Keng, S-L., Smoski, M.J., & Robins, C. J. (2011). Effects of Mindfulness on Psychological Health: A Review of Empirical Studies. *Clinical Psychology Review*, 31(6), 1041-1056.

McConnell, E. A., Birkett, M., & Mustanski, B. (2016). [Families matter: Social support and mental health trajectories among lesbian, gay, bisexual, and transgender youth](#). *Journal of Adolescent Health*, 59(6), 674–680.

Parra-Cardona, J. R., & DeAndrea, D. C. (2016). [Latinos' access to online and formal mental health support](#). *The Journal of Behavioral Health Services & Research*, 43(2), 281–292.

Quintero, L. M., Moore, J. W., Yeager, M. G., Rowsey, K., Olmi, D. J., Britton, S. J., Harper, M. L., & Zezenski, L. E. (2020). [Reducing risk of head injury in youth soccer: An extension of behavioral skills training for heading](#). *Journal of Applied Behavior Analysis*, 53(1), 237–248.

Ruiz, J. M., Hamann, H. A., Mehl, M. R., & O'Connor, M. F. (2016). The Hispanic health paradox: From epidemiological phenomenon to contribution opportunities for psychological science. *Group Processes & Intergroup Relations*, 19(4), 462-476.

Sanbonmatsu, D. M., Strayer, D. L., Biondi, F., Behrends, A. A., & Moore, S. M. (2016). Cell-phone use diminishes self-awareness of impaired driving. *Psychonomic Bulletin & Review*, 23(2), 617-623.

- Sweeny, K. (2018). [On the experience of awaiting uncertain news](#). *Current Directions in Psychological Science*, 27(4), 281–285.
- Tropp, L. R., & Barlow, F. K. (2018). [Making advantaged racial groups care about inequality: Intergroup contact as a route to psychological investment](#). *Current Directions in Psychological Science*, 27(3), 194–199.
- Twenge, J. M. (2019). [More time on technology, less happiness? Associations between digital-media use and psychological well-being](#). *Current Directions in Psychological Science*, 28(4), 372–379.
- Van Lange, P. A. M., & Columbus, S. (2021). [Vitamin S: Why is social contact, even with strangers, so important to well-being?](#) *Current Directions in Psychological Science*, 30(3), 267–273.
- Williams, D.R., Lawrence, J.A., & Davis, B.A. (2019). Racism and health: Evidence and needed research. *Annual Review of Public Health*, 40, 105-125.
- Yip, T. (2018). [Ethnic/racial identity—A double-edged sword? Associations with discrimination and psychological outcomes](#). *Current Directions in Psychological Science*, 27(3), 170–175.