

Scales of Measurement

Scale	Description	Examples
Nominal	Categorical; order doesn't matter	<i>Gender</i> : 1 (male), 2 (female)
Ordinal	Ordered values. Order matters, but not difference between values	<i>Agreement</i> : 1 (SD), 2 (D), 3 (Neutral), 4 (A), 5 (SA). <i>Pain Scale</i> (1-10)
Interval	Numeric. Difference between values is meaningful	<i>Relative Temperature</i> : °C, °F, pH
Ratio	Numeric. Zero and ratios are meaningful	<i>Height, Weight, Absolute Temperature</i> (K)

Measurement is the process of observing and recording the observations collected as a part of a research effort.

Step 1: Define Research Questions

eg. How does your technique...

• Compare with alternative techniques? **Techniques**

• For which target population? **Target users**

• For what tasks? **Tasks**

• In terms of what measures? **Performance measures**

• In what context? **Other factors**

Target users: need to be specific - students who have been using the desired medium *consistently*, for example

Performance measures: like *speed, accuracy*

Other factors: other than different techniques, what factors can *influence the measures*?

Step 2: Define Variables

IV

- Factors manipulated in the experiment
- Have multiple levels

DV

- Factors being measured

Control variables

- Attributes fixed throughout the experiment
- **Confounders** - attributes that vary and aren't accounted for

Random variables

- Attributes that are randomly sampled
- Increases generalisability

Confounders rather than IVs could have caused changes in DV.

They make it difficult/impossible to draw conclusions.

Order of presentation and prior experience

are two important confounders that we need to control. (by counter-balancing and proper sampling)

Step 3: Arranging Conditions (Within-Subjects)

List the **IV** and their **levels**

eg. Technique (2 levels: Gesture, Marking)
Menu depth (2 levels: 1, 2)

Determine **counter-balancing strategies** for each IV

- Full counter-balancing (**n!** conditions)
- Latin Square (**n** conditions)
- No counter-balancing (sequential) (**1** condition)

Step 3: Arranging Conditions (Within-Subjects) (cont)

Determine **minimum no.** of participants

Multiply all conditions together

Determine **factorial arrangement** of conditions

Put the permutations together

Determine arrangement for **each participant**

Condition reduction strategies:

- Pick the most important/interesting factors to test
- Run a few IVs at a time - if strong effect, include IV in future studies, otherwise, pick *fixed control value* for it

One-way ANOVA

Basic Idea: ANOVA tries to find the sources of this variance:

- due to difference *between* groups
- Variability *within* each group

Total Variability = $SS^T = SS^M + SS^R$

BetweenGroup + WithinGroup

Ratio of Variability $F = \frac{(SS^M/DF^B)}{(SS^R/DF^W)}$

If the experiment is **successful**, then $SS^M > SS^R$.

Between-group variability will explain more variance than within-group.

The bigger the **F value**, the smaller the **p value**, and the less like the null hypothesis (no difference) is true.

Steps:

1. Calculate SS^T

$$SS^T = s_{grand}^2 (N-1)$$

$$DF^T = (N-1)$$


By **eevyern**
cheatography.com/eevyern/

Published 25th November, 2018.
Last updated 25th November, 2018.
Page 1 of 5.

Sponsored by **ApolloPad.com**
Everyone has a novel in them. Finish Yours!
<https://apollopad.com>

One-way ANOVA (cont)

2. Calculate $SS^M = \sum_i n_i (\bar{x}_i - \bar{x}_{grand})^2$
 • sum of n difference of means from the grand mean
 $DF^M = (\text{No. of groups} - 1)$

3. Calculate $SS^R = \sum_i s_i^2 (n_i - 1)$
 • sum of variance \times no. of results in each group
 $DF^R = \text{total no. of results} - \text{no. of groups}$

Double check: $SS^T = SS^M + SS^R$ & $DF^T = DF^M + DF^R$

4. Calculate Mean Squared Error
 $MS^M = SS^M / DF^M$
 $MS^R = SS^R / DF^R$

5. Calculate F-ratio
 $F = MS^M / MS^R$

if F is lower than value in F-table, then $p < 0.05$
 → results are statistically significant

Behaviour Theories

Health Belief Model: Perceived Benefits v Perceived Barriers, Perceived Threat, Self-Efficacy, Cues to Action all contribute to Likelihood of Engaging in Health-Promoting Behaviour

Behaviour Theories (cont)

Theory of Reasoned Action: Self-belief + Influenced beliefs, Attitudes, Intention → Behaviour

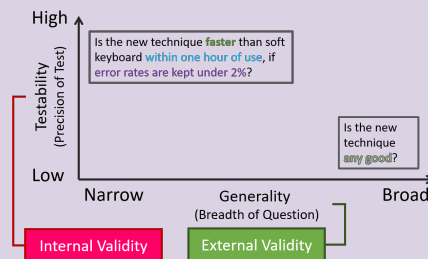
Self-Determination Theory: Intrinsic (self-benefit) v Extrinsic motivation (external benefits)

Goal Setting Theory: Basic idea: goal serves as a motivator, work harder as long as they believe goal is achievable. Importance in Clarity, Challenge and Feedback

Social Cognitive Theory: Cognitive, Environmental and Behavioural factors determine human behaviour

Fogg Behavioural Model: Behaviour = Motivators, Ability, Triggers
 • Motivators: Sensation, Anticipation, Social Cohesion
 • Ability: Train or Simplify
 • Triggers: Spark, Signal or Facilitator

Testable Research Questions



Weak questions are *untestable* and broad
 Stronger questions are *more testable*, but *less generalizable*

Step 4: Define Trials

Estimate the time for each trial around 5-10 seconds?

Estimate the time for each condition Time for each trial \times no. of trials for each condition

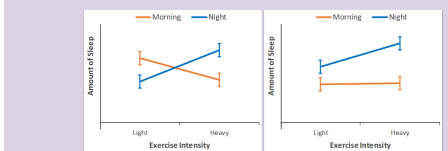
Balance the trials (so experiment is within 45 min)

Combine with the condition arrangement Essentially, find the total time the experiment will take

Trials: a single repetition of a single condition
 Typically want to have at least 3 trials per condition to increase reliability

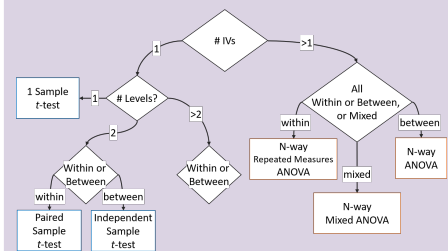
Consider time: trials should last for 45 minutes (excluding pre and post interviews)

Interaction Effect



Main effect? IV1: Exercise	✗	Maybe
Main effect? IV2: Time	✗	✓
Interaction Effect?	✓	✓

Which t-test or ANOVA?



Cognition Processes

Attention

Perception

Memory

Learning

Reading, speaking & listening

Problem-solving, planning, reasoning & decision-making

Attention

Selecting things to concentrate on at a *point in time* from the mass of stimuli around us

Focus on information that's **relevant** to what we are doing

Involves audio/visual senses

Design implications:

- Make information **salient** if it needs attending to
- make things **stand out**
- **avoid cluttering** interface

Perception

How information is **acquired** from the world, and transformed into experiences

Design representations that are readily perceivable

Implication:

- Group information
- Text should be legible and distinguishable from the background

Memory

Stages of memory:

- Encoding
- Storage
- Retrieval

Encoding:

- Determines which info is attended to in environment + how it's interpreted
- Context affects extent to which info can be retrieved - different context → difficult to recall

Implications:

- Focus attention/no complicated procedures
- Recognition over recall
- Provide various ways of encoding and retrieving info (searching v history)

Storage:

Sensory Memory:

- **shortest-term** memory, acts like a buffer for stimuli retrieved
- Ability to remember and process info at same time
- Information will **decay** within 10-15s
- Extended by rehearsal, hindered by interference

Long-term Memory:

- Declarative Memory (factual info):
- Semantic Memory (general) + Episodic Memory (personal knowledge)
- Procedural Memory (skills/habits)

Memory (cont)

Retrieval:

- Internal/External stimuli for **retrieval cues**
- Encoded at same time as memory

Cognitive System Principles

Uncertainty Principle $T=I^C H$

where T = Decision time, H = $\log_2(n+1)$ (where n is the no. of choices)

Variable Rate Principle More effort → Faster processing (ie. cycle time ↓)

Cycle time also diminishes with practice:
 $T_n = T_1 \times n^{-\alpha}$

Fitts' Law $T_M = a + b \log_2(A/W + 1)$

where A = distance to target, W = error tolerance

Trans-theoretical Models

5 Stages of Change: Pre-contemplation, Contemplation, Preparation, Action, Maintenance

Processes of Change: Consciousness raising, Social liberation, Goal setting, Helping relationships, Rewards

Processes of change can be applied to 5 stages of change.
Each person will value different processes differently.



By **eevyern**
cheatography.com/eevyern/

Published 25th November, 2018.
Last updated 25th November, 2018.
Page 3 of 5.

Sponsored by **ApolloPad.com**
Everyone has a novel in them. Finish Yours!
<https://apollopad.com>

Statistics

We use sample statistics to estimate/**make inferences** about population parameters

Due to *uncertainty* and *variability*, conclusions and estimates may not always be correct.

Need measures of **reliability**

• **Confidence interval** • the confidence that the *true population value* of a parameter falls within a **confidence interval**

• affected by: **variation & sample size**

• **Level of significance** • "P value", α

• the prob. of **rejecting the null hypothesis** when it is actually true (*Type I error*)

• ie. concluding that there is a difference when there may be no actual difference

• signifies the probability that the difference is due to chance

Level of Significance

- Not significant ($p > .1$; $p = n.s.$)
- Marginally significant ($p < 0.1$)
- (Fairly) significant ($p < .05$)
- (Good) significant ($p < .01$)
- (Excellent) significant ($p < .001$)

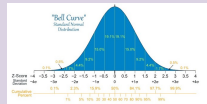
Some Formulae

$$SSE = \sum_{i=1}^n (x_i - \bar{x})^2 = 5.2$$

$$Variance = \frac{\sum_{i=1}^n (x_i - \bar{x})^2}{n} = \frac{5.2}{5} = 1.04$$

$$SD = s = \sqrt{Variance} = \sqrt{\frac{\sum_{i=1}^n (x_i - \bar{x})^2}{n}} = \sqrt{\frac{5.2}{5}} = 1.02$$

Cumulative Percentage



Central Limit Theorem

As the sample size gets larger...

The mean of sample means approaches the **population mean**

The standard error of the sameple means $SE = s/\sqrt{n} = \sqrt{(Variance/n)}$ = the **standard deviation of the population mean**

SED Between 2 Samples

$$SE = \frac{s}{\sqrt{n}} : SE_{M_1} = \frac{s_1}{\sqrt{n_1}} , SE_{M_2} = \frac{s_2}{\sqrt{n_2}}$$

Propagation of Errors: combine errors in quadrature

$$\Delta f(x, y) = \sqrt{\left(\frac{\partial f}{\partial x} \Delta x\right)^2 + \left(\frac{\partial f}{\partial y} \Delta y\right)^2} \quad f(M_1, M_2) = M_1 - M_2$$

$$SE_{M_1 - M_2} = \sqrt{SE_{M_1}^2 + SE_{M_2}^2} = \sqrt{\frac{s_1^2}{n_1} + \frac{s_2^2}{n_2}}$$

2-Sample t-test

Small sample sizes \rightarrow not normal distribution Use t-distribution

2-Sample t-test (cont)

Steps:

1. Calculate mean difference
2. Calculate SD
3. Calculate no. of SDs away from 0
4. Calculate df = smaller $n - 1$
5. Calculate p-value, for significance (which p-value is it closest to)

If given desired **confidence interval**, steps:

1. Given desired CI
2. Get no. of SDs away from 0 from t-table
3. Calculate margin of error in units $((2) \times SD)$

Difference between groups more likely to be significant if:

- **Large difference** between means
- **Small SD** or **large n** in each group

Assumptions:

- Continuous variable
- Independent samples

Also called the **independent-samples t-test**

Other tests:

- One-sample t-test (sample v constant)
- Paired-sampled t-test (within-subjects, repeated measures)
- One-way ANOVA

Cognitive Heuristics

Affects where **emotions** influence **decisions**

Availability where people **overestimate** the importance of information available to them

Confirmation Bias where we only listen to information that confirms out **preconceptions**

Halo Effect where an outcome in one area is due to factors *from another*

Framing Effect where the words used push listeners in a **certain direction**

Implications: watch out for biasing your participants.

Nielsen Heuristics

Visibility of system status

Match system and real world

User control and freedom

Consistency and standards

Error prevention

Recognition over recall

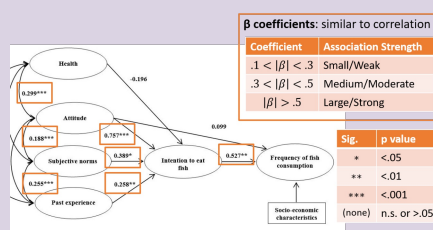
Flexibility and efficiency of use

Aesthetic and minimalist design

Help users recognise, diagnose, recover from errors

Help and documentation

Structural Equation Modeling



Design Strategies for Lifestyle Behaviour Change

Abstract & Reflective

Unobtrusive

Public

Aesthetic

Positive

Controllable

Trending/Historical

Comprehensive



By **eevyern**
cheatography.com/eevyern/

Published 25th November, 2018.
 Last updated 25th November, 2018.
 Page 5 of 5.

Sponsored by **ApolloPad.com**
 Everyone has a novel in them. Finish Yours!
<https://apollopad.com>