APA Test Name: _____Class Period_____

Directions: Using the information provided below, please answer the following questions.

College Student Journal Vol. 45 Issue 4, Dec 2011, p738-748
DOI: 10.1080/09291010701424853

Revving up and staying up: Energy drink use associated with anxiety and sleep quality in a college sample

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The hypotheses for the current study involved relationships among energy drink use, anxiety, and sleep quality. It was first predicted that the number of energy drinks consumed would be positively related to anxiety scores. Similarly, it was predicted that the number of energy drinks consumed would be positively related to sleep disturbances. Finally, we expected that ROTC cadets would use energy drinks more frequently than either athletes or controls.

Participants were recruited during the first 2 weeks of the fall semester. Athletes (21 males, 23 females) and ROTC cadets (18 males) were recruited at their respective general meetings. Students in the control group (21 males, 24 females) were recruited in general psychology classrooms. From among those recruited, 107 students agreed to participate (Mean age = 20.78). Students received no compensation for participation. Juniors (49.6%) and seniors (23.7%) comprised a majority of the sample, followed by sophomores (13.1%) and freshmen (4.7). Percentages of athletes from each sport were as follows: soccer (34.1%), tennis (18.2%), swimming (13.6%), baseball (13.6%), golf (9.1%), volleyball (9.1%), and crew (2.3%).

Most participants completed the survey materials in classroom settings. The experimenter verbally reviewed the informed consent procedures, and students gave consent prior to participating. The experimenter then distributed the surveys along with plain envelopes to participants. Students were given a questionnaire about the frequency of their current energy drink consumption. They also completed an anxiety screening and sleep quality questionnaire. Students sealed their own surveys in an envelope after completing them. The experimenter collected all the envelopes and reviewed the debriefing statement to conclude the session.

Circle the correct answer. Questions 1-3 are worth 5 points each.

1. APA style recommends using the past tense when paraphrasing a journal article. TRUE FALSE

2. APA style indicates that in-text citation is not necessary if the material was paraphrased. TRUE FALSE

3. What type of study was conducted within this article? CORRELATIONAL EXPERIMENTAL

4. Explain why it is this type of study (10 points):

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5. Identify the appropriate in-text citation for the article (5 points):

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6. Paraphrase and explain the hypotheses of this study, using appropriate in-text citation (15 points).

7. Identify and describe the sample used within the study. Paraphrase and use appropriate in-text citation. (15 points)

8. Using the information provided (and space below), create a Reference page for this article (10 points).