# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

Swami Vivekananda Yoga Anusudhana

A University. established under Section 3 of the UGC Act, 1956

(Eknath Bhavan. # 19, Gavipuram Circle. Kempegowda Nagar, Bangalore 560 019. India)

## MDY T 204 Research Methodology

**DATE: 28.05.2012**      **Time: 2 Hours**      **Max. Marks: 50**

### INSTRUCTIONS:

1. Please attempt all MAIN QUESTIONS (MQ)

2. Each MAIN QUESTION (MQ) carries 10 marks.

3. This is a closed book exam; hence you cannot refer your books/ notes for writing the answers, nor can you cannot talk to your colleagues.

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The following data has been collected from 9 schizophrenia patients who underwent yoga, exercise or no treatment (waitlist) over a 3 month period. 4 assessments, first before the intervention at baseline, 2nd at the end of one month of intervention, 3rd at the end of 2 months and 4th at the end of 3 months of the study were conducted on the Perceived Stress (PSS) of the patients. The data is as follows:

| No | Patient name | Group | Age (in years) | Gender | Education (in years) | Marital status | PSS baseline | PSS 1st month | PSS 2nd month | PSS 3rd month |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Anju | Yoga | 25 | F | 12 | Married | 15 | 10 | 6 | 2 |
| 2 | Meena | Control | 33 | F | 15 | Married | 19 | 11 | 7 | 5 |
| 3 | Yogesh | Exercise | 56 | M | 12 | Single | 17 | 13 | 6 | 4 |
| 4 | Chittaranjan | Yoga | 32 | M | 18 | Married | 16 | 12 | 7 | 1 |
| 5 | Ramesh | Control | 54 | M | 22 | Married | 16 | 16 | 9 | 5 |
| 6 | Kalpana | Yoga | 45 | F | 15 | Single | 17 | 14 | 8 | 1 |
| 7 | Veena | Exercise | 34 | F | 12 | Married | 19 | 12 | 5 | 2 |
| 8 | Kishore | Control | 55 | M | 15 | Married | 15 | 11 | 6 | 6 |
| 9 | Anvita | Exercise | 44 | F | 20 | Single | 16 | 10 | 7 | 3 |

PTO

MQ1 Enter the data in SPSS

MQ2 Calculate average age and education of the sample and check if there is any significant difference between the three groups at baseline using the One-Way/ Univariate ANOVA.

MQ3 Calculate the N and percentage of patients according to their marital status and gender and calculate if there are significant differences in marital status and gender between the three groups using Chi-square.

MQ4 Check if the data is normally distributed according to the Shapiro-Wilk?

MQ5. What is the difference in the stress levels across the groups of patients over a period of time using RMANOVA (table and graph)?

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PLEASE EMAIL YOUR SPSS DATA ENTRY SHEET ALONG WITH THE SPSS OUTPUT TO AARTI JAGANNATHAN AT: jaganaarti@gmail.com