

All self-reports involve asking questions

Types of questions

Open questions – which allow the respondent to answer in any way they feel appropriate e.g. 'how do you feel about...' or 'what is your opinion on.'

Closed questions – the response the participant gives is based on pre-set choices given e.g. 'I think that eating healthily is important – YES/NO' or 'How many hours do you work a week? 0-10, 10-20, 20+'

Rating scales – this is a specific type of closed question using a five-point scale to express agreement or disagreement with a particular statement e.g. 'I believe that psychological research is vital to benefit society strongly agree, agree, don't know, disagree, strongly disagree

Reliability – how is it increased or decreased?

Validity – how it is increased or decreased?

The self-report method

Open questions

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Closed questions (including Likert scales)

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Questionnaires

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Asking these questions can be done in one of two ways...

Questionnaires

The questions are written down and the participants record their answers in a written form.

Interviews

These are conducted verbally and can follow one of two formats

Structured –

Unstructured –

Interviews

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Overall evaluation of self-reports

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