

December 20th, 2024

Alex (researcher) was having a bad day and gets comforted by her mom

She goes to a friend the next day, who does not show caring / empathy

Alex felt upset and wondered why she acted like this
We decided to turn this into a testable question

Our experiment:

Do adults have more empathy?

* What causes us to mimic the actions we are presented with?

Does empathy play a role in our ability to interact with others?

- Show people videos
- questionnaires
- Did they copy emotions from videos?

Psychology experiment

Is it possible to mimic other's feelings, and if so, what does that say about the person?

January 24th, 2025

Hypothesis: We hypothesize that if a person is an adult, they will be more empathetic due to more experience in the environment and society.

Procedure Rough Draft:

1. Interview volunteers one by one
2. leave them in a room and show video
 - ⇒ happy, sad, bored, etc.
3. ask what their mood is after
4. results
 - ⇒ did empathetic people mimic emotions?
 - ⇒ was one emotion more impactful
 - ⇒ what does that say abt powers of emotion?

Research:

- the limbic system is responsible for regulating emotions
- humans are naturally selfish, but a part of the brain recognizes and autocorrects the urge
 - ⇒ supramarginal gyrus

February 5th 2025,

Procedure

Approx. 10 people ranging from minors to adults

1. Put individual in room alone
2. Give questionnaire before video
3. Take questionnaire and leave room
4. Play video compilation of emotions
5. Give after-video questionnaire
6. Receive questionnaire and release individual

@ North Trail High School

- ⇒ During lunch and after school
- ⇒ After school

@ Home

- ⇒ Parents/siblings
- ⇒ Same device

Play video on Macbook (iMovie)

Volunteers:

- Misha
- Mari
- Stephan
- Sebastien
- Taran
- Jaspreet
- Jordan
- Emily

February 7th, 2025

Pre-video Questionnaire:

1. what is your current mood?
2. would you perceive yourself as empathetic?
3. how did you become empathetic?
4. what do you do in your free time?

After-video Questionnaire:

1. what is your mood now?
2. did your mood change throughout the video?
3. which video did your emotions change the most?
4. which video had the most influence on your mood?
5. was there a specific video you empathized with? why?

- see the change in mood
- what emotions are most impactful
- how do hobbies / activities influence empathy
- life factors influencing empathy
- why do people empathize with certain things

→ what the answers to the questions tell us