



## **COU4313 COUNSELLING RESEARCH METHODS**

### **Instructions**

- i) This exam paper contains SIX questions carrying 10 marks each.**
  - ii) Use the Case Study passage below to answer the questions**
  - iii) Answer any four questions**
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### **RESEARCH METHODS CASE STUDY**

A researcher wanted to propose a better therapy technique for use at a Counselling Center. She proceeded to investigate whether Solution Focused Therapy technique was more effective for treating depression. She believed that the therapy technique could help clients heal faster than the technique in use at the center. In order to make her study discrete, she did not disclose this undertaking to her clients. To test her technique, she first provided 5 therapy sessions to each of the first 10 clients who visited the center. She then assessed their depression level using Beck's Depression Inventory and compared her results to that of the next 10 clients who were exposed to the therapy session conventionally used at the center. She used quantitative techniques to arrive at her conclusion.

#### **Question 1**

- a) State the researcher's null and alternate hypotheses (4 marks)
- b) Explain whether the researcher was conducting pure research or applied research (6 marks)

#### **Question 2**

- a) Describe the research design the researcher used (4 marks)
- b) Discuss three problems of the research design (6 marks)

#### **Question 3**

- a) Describe the sampling technique she applied (4 marks)
- b) Explain three limitations of her sampling technique (6 marks)

**Question 4**

- a) Distinguish the dependent and independent variable in her study (4 marks)
- b) Explain three reasons why she should have done literature review first (6 marks)

**Question 5**

- a) Discuss any three ethical principles that she violated (6 marks)
- b) Analyze why she was justified in her decision not to disclose her study to her research subjects (4 marks)

**Question 6**

- a) Giving two justifications, propose a more robust quantitative research design to overcome the limitations of her chosen design. (4 marks)
- b) Explain three reasons why qualitative research methods would be more appropriate for her research (6 marks)