

Presenting Research in 10 Minutes or Less

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Presenting Research Succinctly is HARD

- **Research is:**
 - **Complicated**
 - **Technical**
 - **Nuanced**
 - **Messy**
 - **Hard to explain to people outside our field**

Presenting Research Succinctly is IMPORTANT

- Often, you're asked to talk about your research quickly.
 - 10-minute conference presentation
 - 7-page grant application
 - 2-3 minute job interview description

CLIMB PROGRAM - Northwestern University

- **Some material drawn from the following presentation:**
 - **<https://www.northwestern.edu/climb/resources/oral-communication-skills/creating-a-presentation.html>**



Thanks To:

- **Marina Fodor, PhD**
- **Michael Schmidt, MA**

Background

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graph TD; A[Background] --> B[Complication]; B --> C[Question]; C --> D[Hypothesis];
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Complication

Question

Hypothesis

Background

- What's already known about topic
- Info that understood & accepted

Complication

- What we *don't* know about a topic
- Gaps in the literature
- Problems w/existing literature

Question

- Your specific research question?
- How does it address the complication?

Hypothesis

- What you think will happen when you test your question

Background

- 3.2 million people in U.S meet criteria for schizophrenia
- Mindfulness-based interventions are effective in reducing cigarette smoking

Background

- What's already known about topic
- Info that understood & accepted

Complication

- What we *don't* know about a topic
- Gaps in the literature
- Problems w/existing literature

Question

- Your specific research question?
- How does it address the complication?

Hypothesis

- What you think will happen when you test your question

Complication

- 3.2 million people in U.S meet criteria for schizophrenia
 - However, no studies have examined the prevalence of schizophrenia among LGBTQ adults.
- Mindfulness-based interventions have been effective in reducing cigarette smoking
 - However, these interventions are time-consuming, and inaccessible to the vast majority of smokers.

Background

- What's already known about topic
- Info that understood & accepted

Complication

- What we *don't* know about a topic
- Gaps in the literature
- Problems w/existing literature

Question

- Your specific research question?
- How does it address the complication?

Hypothesis

- What you think will happen when you test your question

Question

- 3.2 million people in U.S meet criteria for schizophrenia
- However, no studies have examined the prevalence of schizophrenia among LGBTQ adults.
- In the current study I addressed this gap in the literature by examining rates of schizophrenia among LGBTQ adults in a nationally-representative sample.

Question

- Mindfulness-based interventions have been effective in reducing cigarette smoking
- However, these interventions are time-consuming, and inaccessible to the majority of smokers.
- In the current study, we addressed this issue by developing a single session, mindfulness-based intervention for smoking cessation.

Background

- What's already known about topic
- Info that understood & accepted

Complication

- What we *don't* know about a topic
- Gaps in the literature
- Problems w/existing literature

Question

- Your specific research question?
- How does it address the complication?

Hypothesis

- What you think will happen when you test your question

Hypothesis

- 3.2 million people in U.S meet criteria for schizophrenia
- However, no studies have examined the prevalence of schizophrenia among LGBTQ adults.
- The current study addresses this gap in the literature by examining rates of schizophrenia among LGBTQ adults in a nationally-representative sample.
- It is hypothesized that rates of schizophrenia will be lower among LGBTQ adults than among adults who don't identify as LGBTQ

Hypothesis

- Mindfulness-based interventions have been effective in reducing cigarette smoking
- However, these interventions are time-consuming, and inaccessible to the majority of smokers.
- The current study addresses this issue by developing a single session, mindfulness-based intervention for smoking cessation.
- It is hypothesized that the single session mindfulness intervention will be as effective as a standard multi-session intervention in reducing smoking

Background

- What's already known about topic
- Info that understood & accepted

Complication

- What we *don't* know about a topic
- Gaps in the literature
- Problems w/existing literature

Question

- Your specific research question?
- How does it address the complication?

Hypothesis

- What you think will happen when you test your question

Prescription Opioid Misuse



9.5 million American adults report past-year opioid misuse (SAMHSA, 2019)



In 2018, 128 Americans died every day from opioid overdoses (CDC, 2018)

Prescription Opioid and Alcohol Use

- Many opioid overdose deaths involve alcohol
- Alcohol has been implicated in:
 - 18.5% of ER visits involving prescription opioid abuse
 - 22.1% of prescription opioid-related deaths
- 86.4% of current prescription opioid users report past-year alcohol use



Limitations of the Current Literature

- Hardly any studies have investigated the simultaneous use of alcohol/prescription opioids
- Those that have, assess opioid and alcohol use over a specified time period (e.g., past year), but fail to assess simultaneous use
- No research on predictors of simultaneous alcohol and prescription opioid use



The Current Study

Examined associations between simultaneous alcohol/prescription opioid use and 3 categories of potential predictors:

1. Personality disorders (i.e., BPD and ASPD)
2. Personality traits (i.e., conscientiousness, agreeableness, neuroticism)
3. Executive functioning (i.e., disinhibition and cognitive flexibility)

Hypotheses

The likelihood of same-day alcohol/prescription opioid use will be predicted by:

1. A higher number of BPD/ASPD symptoms
2. Higher neuroticism, lower agreeableness, and lower conscientiousness
3. Lower inhibition and cognitive flexibility

Methods Section

- **1-2 slides outlining Methods/Design of study.**
 - **Slides should have 1-2 word categories for each of the Methods components.**

Participants

- 150 Adults:
- Use both alcohol and prescription opioids > 2 times/month

Measures

- Big 5 Personality Trait Inventory
- DSM-screening measures of BPD/ASPD
- Trail making test, Stroop, WCST

Procedures

- Participants complete:
 - TLFB to assess past 60-day alcohol & opioid use
 - Measures of personality traits, disorders
 - Executive functioning tasks

Methods Section

- **Who is your audience?**
 - **What do they know**
 - **What do they not know**
- **What does your audience need to know?**
- **What don't they need to know?**

Results

- **Try to present in 3-4 slides**
- **Keep it simple**
 - **You may not have time to present every finding. What's most important**
- **Your results should map directly onto your research questions & hypotheses**
- **Graphs/Tables can make presentation clearer**

Results: SMOKING

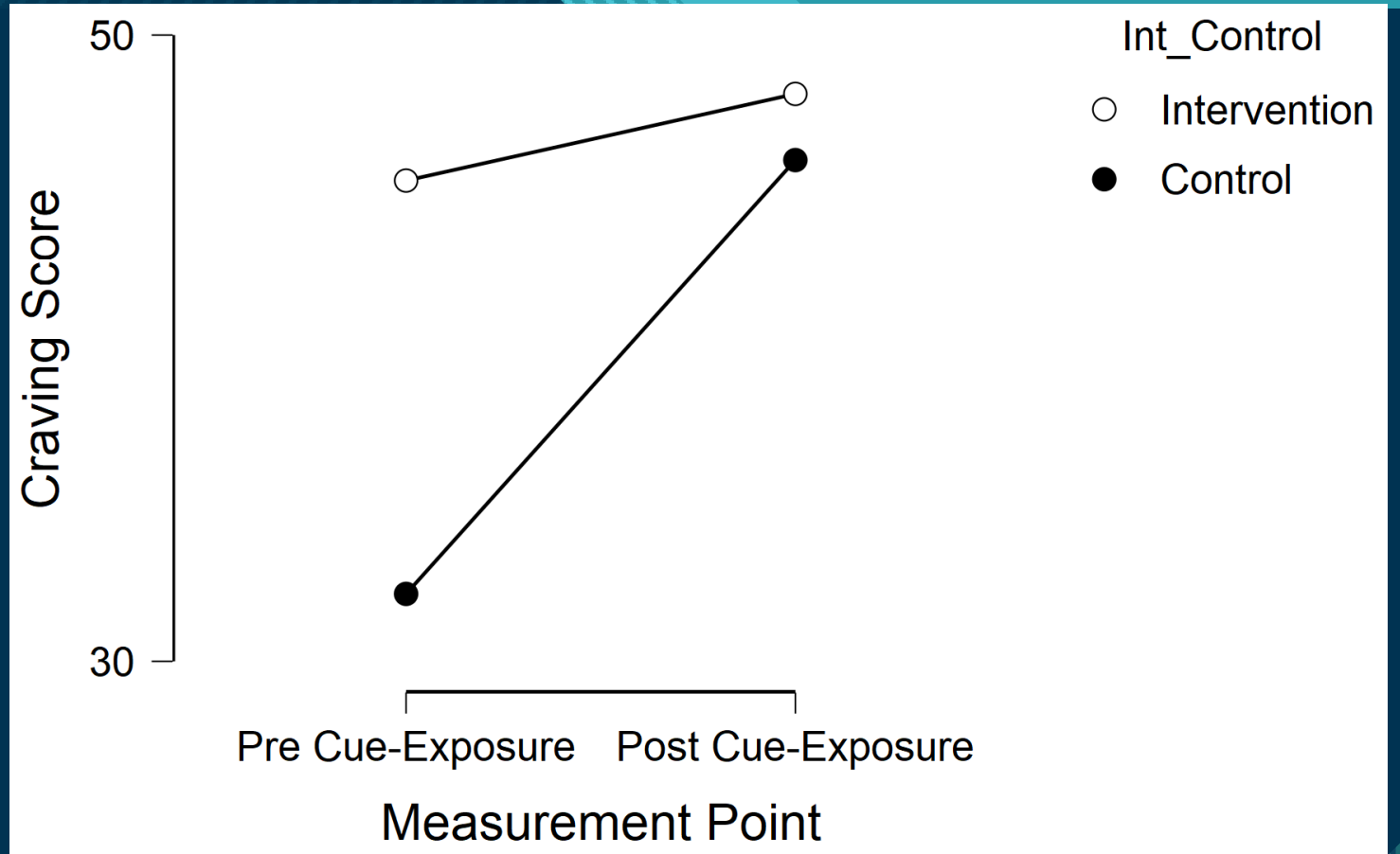
Hypothesis 1:

Mindfulness intervention participants will smoke less at 1 month follow-up than control group participants

- **Smoking decreased over time for both groups – $F(1, 61) = 8.75$, $p = .004$**
 - **Baseline: $M = 401.38$, $SD = 193.06$**
 - **1-Month Follow-up: $M = 370.21$, $SD = 200.90$**
- **No significant between-group effects, $F(1, 61) = 3.75$, $p = .057$**

Results: CRAVING.

- No significant group main effect
- Significant main effect of time, $F(1, 76) = 9.80, p = .002$
 - Pre-exposure: $M = 39.20$
 - Post-exposure: $M = 47.64$
- Significant (trend-level) interaction effect, $F(1, 76) = 3.99, p = .05$



Conclusions

- **Single slide**
- **Clear statement of what you found and the implications of your results**
- **If you have time, consider a future directions slide**

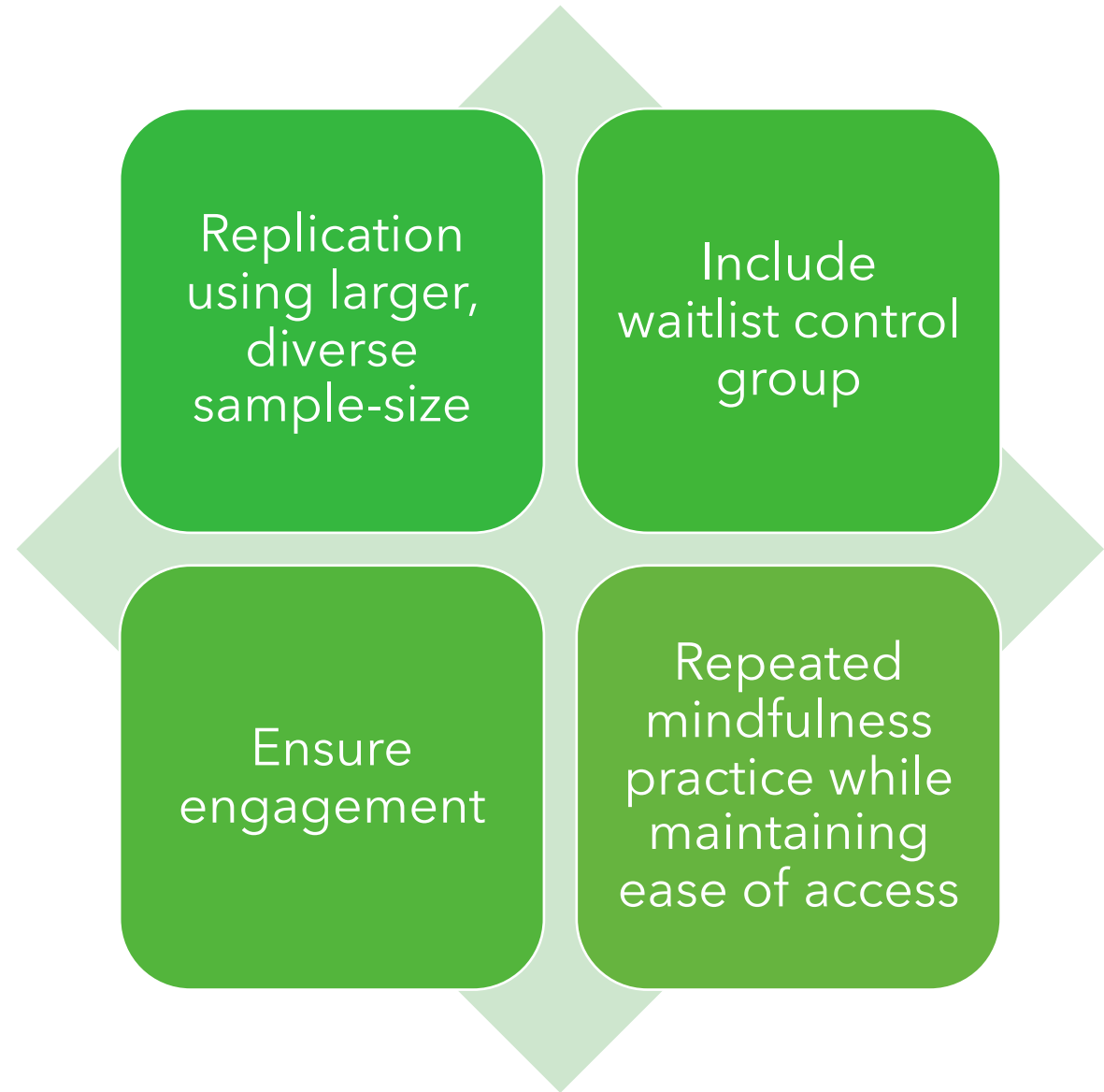
Conclusions

Study demonstrates feasibility of a brief, mindfulness-based smoking intervention via the internet

Participants engaged with instructions, found them easily understandable, and reported moderate usefulness

Online interventions are easily accessible and easily disseminated

Future Directions



Acknowledgements

- **Acknowledgements if:**
 - **Your study is funded by an agency or foundation (NIH, NSF, etc.).**
 - **You want to thank specific individuals (research team, statisticians, etc.)**

Presentation Style

- **Your audience may be:**
 - **Tired**
 - **Distracted**
 - **Sick of hearing about research**
- **How can you communicate in a way that keeps them engaged?**
- **What kinds of speakers keep you engaged?**

Presentation Style

- **Speak with ENTHUSIASM!**
 - **Excitement is contagious**
- **Don't read directly from slides**
 - **Talk to the audience**
 - **Elaborate (at little) on your slides**
- **Speak clearly and slowly**
 - **Info that very familiar to you, isn't familiar to others**

Poster Presentation

- **Avoid jargon and acronyms**
 - **Don't assume others are experts in your field**
- **Make sure to talk through figures (“On the X axis, you can see....”)**