

Online Positive Approach Training – Activating Job Seekers to Volunteer

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Background

- Loss of work social connections may lead to increased social anxiety and isolation resulting in reduced approach behaviours for unemployed job seekers.
- Research shows that volunteering can be a pathway to re-employment and provide similar social and psychological benefits as employment
- Yet, unemployed individuals are less likely to volunteer.

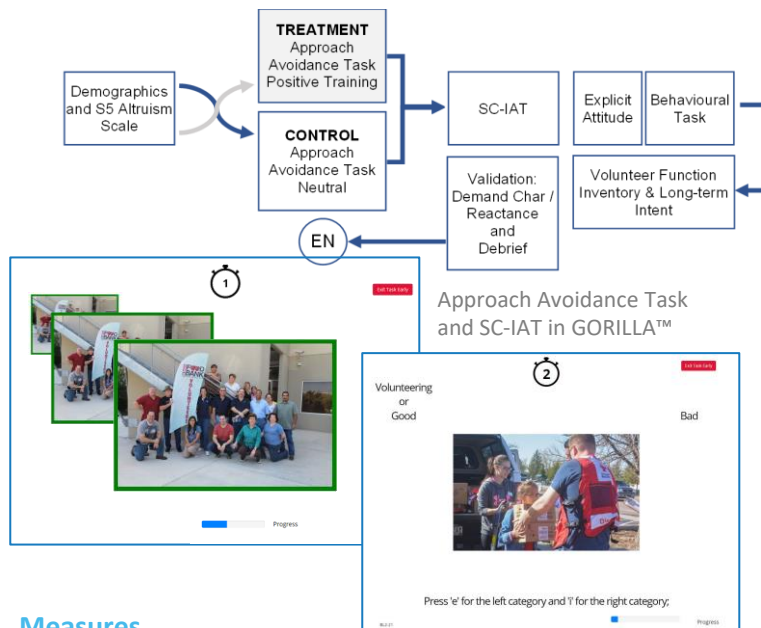
Research Question

Will a single session of volunteering focused, positive-approach training using the Approach Avoidance Task increase:

- implicit evaluations
 - explicit self-reported measures, and
 - behaviours
- toward volunteerism with unemployed jobseekers.

Methods

- Online RCE, n=404, ages of 18 and 60, fluent English speakers from the Canada, United States, UK, Europe, Oceania
- Treatment: Approach Avoidance Task (AAT) Training



Measures

- Single-Category Implicit Association Test (SC-IAT)
- Self-Reported (feelings toward, near-term goal, and long-term intent to volunteer)
- Behavioural CTR - Learn More About Volunteering)

Results

- On average, the single session of positive approach AAT Training (treatment) did not have a statistically significant effect
- None of the hypotheses were supported as stated.

Discussion – Context Matters

- RCE may have been under-powered (small effect sizes)
- Unemployment and volunteering are both complex, experienced differently by every person.
- Can vary with exogenous factors.
- It's possible that concepts measured in this study are too broad to be addressed with this type of intervention.
- Lower-level constructs

References and Open Materials



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