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

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

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

References and Open Materials
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