CALIBRATION DOCUMENT
BC 2.1 SurveyMonkey

For this assignment I chose to create a survey that was based on diets. I asked 3 questions based on whether you have or have not tried a diet, how many you have tried, and which you found to be the most successful if you had tried any. I selected this because I am a dietetics major and a large part of what I want to do is helping people with their diets and helping them determine what is good for them. I selected my respondents by going through my Facebook friends and selecting every 20th person and sending them a message asking them if they would take the survey for me. I however do not believe that this was a “true” random sample because most of the people I selected were young people from Kentucky, and therefore I didn’t get a good representation of older people or people from across the country in my data.

The first question I asked was simply, “have you ever tried a diet?” and allowed the respondents answer either “yes” or “no”. Out of these responses, 60% responded that they had tried a diet and 40% responded that they had not. Following this question I asked the respondents to “rate the number of times they had tried a diet”, answering either 0, 1, 2, 3, 4, or 5 or more times and what I found was that the average number of diets my respondents had was 2.47 in their lifetime. It was also clear to me that the majority of my respondents had tried 2 or less diets as the total percentages of my respondents who had either tried 0, 1 or 2 was totaled to be 80%. However, 13.3% of my respondents had tried 5 or more, which ultimately weighted the scale to be higher than 2 diets per person. My final question which was an open ended question asked respondents “If they had ever tried a diet, which did they find to be the most successful for them”. What I found was that 40% of them said they had tried no diet, which we discovered in the previous questions. There were also several responses that showed that they found the most successful diet they used to be ones that are seen as “fad diets” or diets that are used that are not simply cutting calories or eating healthy. The responses I received for this varied from the “17 Day Diet” to “Fat Flush” to “Weight Watchers”. The total responses for fad diets such as these came out to be around 46% of my respondents. The remaining 14% of my respondents claimed that the diets they found to be the most successful, were ones in which they didn’t follow a specific diet, rather they just tried to eat more healthy foods.

From this survey I can say that my population was my friends on Facebook, and my sample was 25 of these friends. Based on the results from my first question in which my results showed that 40% of my respondents hadn’t tried a diet and 60% had, I could also find out that my parameter was the true percentage of my friends who have tried a diet, which is unknown. When looking at my “yes” answers and trying to find the 80% confidence intervals I have found that 60% of my respondents said yes with a + or – 12.8% confidence interval. This means that the range of values for the parameter, which is unknown, is between 47.2% and 72.8% which is a pretty large
range. However, this means that this confidence interval has a 80% chance that the interval I found is an interval that does contain the actual parameter.