**Article Summary Sheet**

**TITLE: ­­­­­­­­­­­­­­­­­­­­­­­**

**AUTHORS: (DeWall et al. 2008)**

**YEAR:**

**MOTIVATIONAL CONFLICTS AND HELPING:**

1) When does helping occur, according to an evolutionary perspective?

2) What is the exception to this, and why?

**SELF-REGULATION:**

1) What is self-regulation, and how is it characterized?

2) What is ego depletion?

3) What is the link between helping and blood glucose?

**THIS RESEARCH:**

1) What is the overview of the research design for the three studies?

**STUDY 1:**

1) Give a brief overview of the procedure of the study:

a) Depletion condition:

b) No-depletion condition:

c)Dependent variable:

2) What were the results of the study?

a) Depletion/No-depletion:

b) Effects of mood/arousal:

**STUDY 2:**

1) Give a brief overview of the procedure of the study:

a) Glucose:

b) Depletion/No-depletion:

c) Dependent variable:

2) What were the results of the study (Figure 1 is helpful)?

**STUDY 3:**

1) Give a brief overview of the procedure of the study:

a)Depletion/no-depletion:

b)Kin/Stranger manipulation :

c)Dependent variable:

2) What were the results of the study (Figure 2 is helpful)?

**GENERAL DISCUSSION:**

1) What were the major findings of the study:

a) Ego depletion and helping

b) Ego depletion and helping strangers vs. kin

c) Ego depletion and boost of glucose

2) What are general implications of these findings?