

		Sex (Independent Variable)	
		Male	Female
Type of Cryotherapy (Independent Variable)	Ice bag	Male	X
		Female	X
	Ice massage	Male	X
		Female	X
	Ice bath	Male	X
		Female	X
	Cryocuff	Male	X
		Female	X
Vapocoolant	Male	X	
	Female	X	


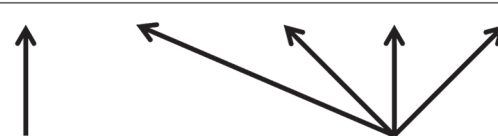

Pain
 (Dependent Variable)

Figure 4-2. Study #1 research design layout.

		Time (Independent Variable)				
		Pre-Stretch	Immediate Post-Stretch	One Week Post-Stretch	Two Weeks Post-Stretch	
Type of Stretching Interventions (Independent Variable)	Ballistic	Male	X	X	X	X
		Female	X	X	X	X
	Dynamic	Male	X	X	X	X
		Female	X	X	X	X
	Static	Male	X	X	X	X
		Female	X	X	X	X


Sex
 (Independent Variable)

Hamstring Flexibility
 (Dependent Variable)

Figure 4-3. Study #2 research design layout.

A dependent variable, also referred to as an outcome variable, is a variable that will be measured by the investigator. More specifically, the dependent variable is the variable, or outcome, that is hypothesized to be affected by the independent variable and, therefore, the variable that is measured. More simply, the dependent variable is the measure that determines if a difference or relationship between the independent and dependent variables exists. Examples of dependent variables include the following:

- Scores on a knowledge assessment
- Degrees of range of motion
- Level of function
- Patient-oriented outcome scores