

## **Minnesota Semi-Starvation Study Discussion Questions**

1. What was the purpose of the study?
2. Is the study an observational or experimental study? How do you know? Where did they find participants?
3. What were the criteria for participant selection?
4. What were the 3 periods? What was the average calorie intake during each of these periods? How determined?
5. How much protein & fat was consumed during the semi-starvation period?

6. During the Rehabilitation Period, were groups randomly assigned?
7. During the Rehabilitation Period, was the study single blind, double blind or neither?
8. Was there a control group? Explain
9. Was it a “gold standard” design?
10. Why did the individuals experience a loss in weight when their calories were increased for one day during the middle of the study?
11. Why was the one individual who violated the study protocol on a single day dismissed from the study? How did the investigators reestablish control?
12. Name 3 results (what the scientists learned) from this study.
13. What will you remember from watching this video? What surprised you the most?