**Introduction**

- Impulsive behavior is associated with obesity\(^1\), substance abuse\(^2\), and gambling.\(^3\)
- Impulsive choice tasks give the subjects the choice between smaller-sooner (SS) and larger-later (LL) rewards.
- In humans, impulsive choice is often measured by hypothetical tasks, such as the Kirby Questionnaire, which may lack sensitivity to state effects.\(^4\)
- Experiential tasks are used in rodents where the delays and rewards are experienced\(^5\), and these tasks may provide a more comparable measure of impulsivity in humans.

**Study Goals:**

- Create an experiential food choice task
- Compare this task and an experiential money task to the Kirby Questionnaire

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**Methods**

**Participants:** 23 General Psychology students

**Computerized Experiential Tasks:**

- Participants made choices between SS or LL “pseudo-real” rewards.
- Participants experienced set delays before banking each reward, but they did not actually receive the reward.
- Choice parameters: Varied the SS and LL reward magnitude and delay. Delay ratio = SS delay/LL delay; Magnitude ratio = SS magnitude/LL magnitude.

**Kirby Questionnaire:**

- Participants made 27 choices between a SS or LL hypothetical reward.
- They were instructed to choose the SS reward.
- We computed the k-value at which point the participants switched from choosing the SS to the LL reward.

**References**


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**Task Comparisons**

**Kirby Comparisons**

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**Discussion**

- High positive correlations between delay and magnitude sensitivity suggests that the experiential tasks may measure choice processes.
- Similar to previous findings (Melanko & Larkin, 2013), the experiential tasks were not correlated with the hypothetical delay discounting questionnaire (Kirby).
- The experiential tasks might be more sensitive to state effects, while hypothetical delay discounting questionnaires may be more sensitive to trait effects.
- State effects may pertain to the behavioral responses people make in real situations as opposed to behavioral intentions.
- The experiential tasks may provide a better prediction of choices people make when they actually experience the choice consequences.

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**Acknowledgements**

*Thank you to the RTD Lab members: Carrie Bailey, Kelsey Pasdel, Brynn Critcher, Ian Davis, Jessica Pikel, Aaron Schneggelspeen, Annie Maunes, Reilly Jensen, Torrey Lonker, Elaisa Cunningham, and Cassi Friday.*

*This project was supported by the NIMH, grant 085739 to Kimberly Kirkpatrick at Kansas State University.*

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**Figure Legends**

- **Figures 1 and 2:** As delays became similar in duration participants were more likely to choose the LL reward, \( p < .01 \).
- **Figures 3 and 4:** Delay and magnitude sensitivity were positively correlated between the money and food tasks, \( p < .01 \). This suggests similar choice behavior in the two experiential tasks.

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**References**


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