

## Introduction to Health Research Methods

We'd rather do something that requires mental effort than do nothing at all

Although much has been made of the aversiveness of effort, the study suggests that being bored is at least as unpleasant " if not more so.

## Reference

[Social Skills Teaching for Individuals with Autism: Integrating Research into Practice \(Springer Series on Child and Family Studies\)](#)

[Evidence-Based Practice in Nursing & Healthcare: A Guide to Best Practice](#)