



## Introduction to Mediation and Moderation Analysis

### Objectives

This two-day workshop will focus on two closely related and often confused topics in statistical analysis – Moderation and Mediation. Moderation occurs when the strength of the relationship between X and Y is dependent on the level of a **moderator**, whereas mediation occurs when the relationship between X and Y is being explained or influenced through a **mediator**. In this workshop, you will learn about the basic concepts of moderation and mediation, and the use of a computational tool – “PROCESS” in SPSS to analyze simple moderation and mediation models.

This workshop will be divided into four parts:

- Review basic knowledge of OLS regression
- Introduction to **Mediation** and partitioning effects into direct and indirect effects
- Introduction to **Moderation** and probing interactions in linear models using simple slope testing
- Doing analysis with a dichotomous independent variable (e.g., gender, or high versus low risk groups)

Because this is a hands-on workshop, participants are strongly encouraged to bring their laptops and install the latest version of SPSS (version 19 or later). Some working knowledge of influential statistics, SPSS data management, and OLS regression is needed for this workshop, but I will give a brief review at the beginning. Attendees are also encouraged to bring their own data to the second day of the workshop for individual consultations.

Instructor: Biru Zhou, Ph.D.

Dates: November 17th and November 18th

Time: 9:30am to 3:30pm

For more information, please contact [biru.zhou\[at\]mcgill.ca](mailto:biru.zhou[at]mcgill.ca).