

4. Snowball sampling

If the population is hard to access, snowball sampling can be used to recruit participants via other participants. The number of people you have access to “snowballs” as you get in contact with more people.

This type of sampling involves the researcher using their judgement to select a sample that is most useful to the purposes of the research.

It is often used in [qualitative research](#), where the researcher wants to gain detailed knowledge about a specific phenomenon rather than make statistical inferences. An effective purposive sample must have clear criteria and rationale for inclusion.

2. Voluntary response sampling

Similar to a convenience sample, a voluntary response sample is mainly based on ease of access. Instead of the researcher choosing participants and directly contacting them, people volunteer themselves (e.g. by responding to a public online survey).

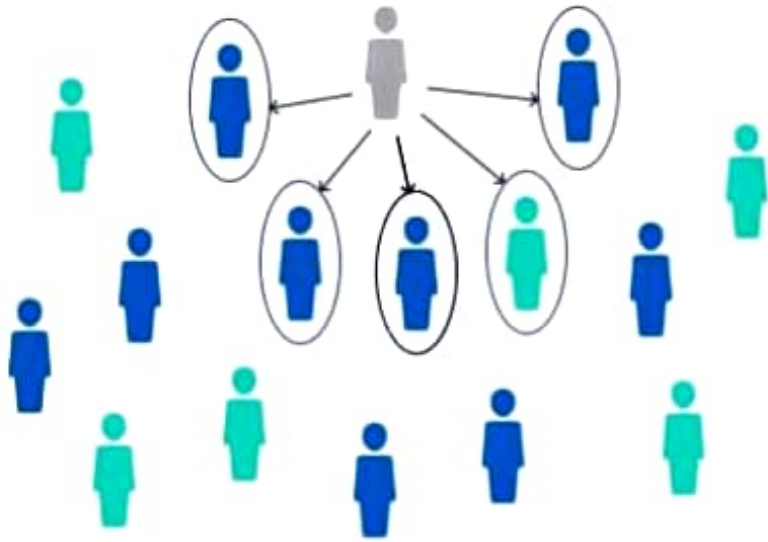
Voluntary response samples are always at least somewhat biased, as some people will inherently be more likely to volunteer than others.

1. Convenience sampling

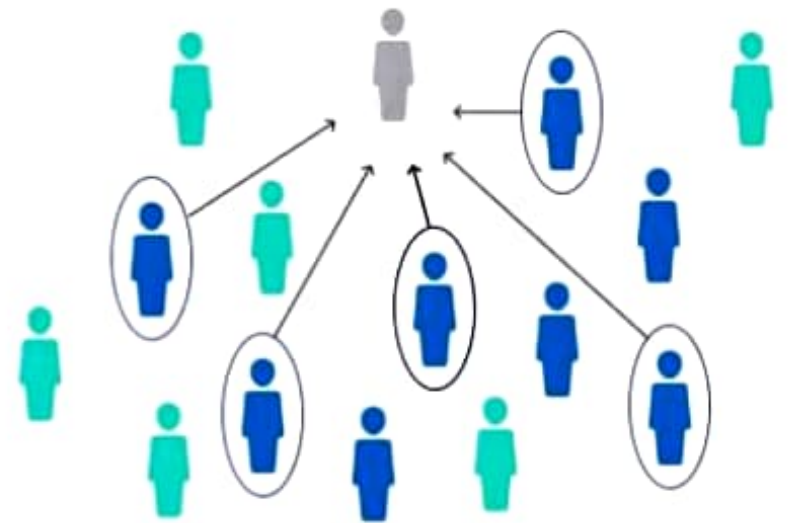
A convenience sample simply includes the individuals who happen to be most accessible to the researcher.

This is an easy and inexpensive way to gather initial data, but there is no way to tell if the sample is representative of the population, so it can't produce generalizable results.

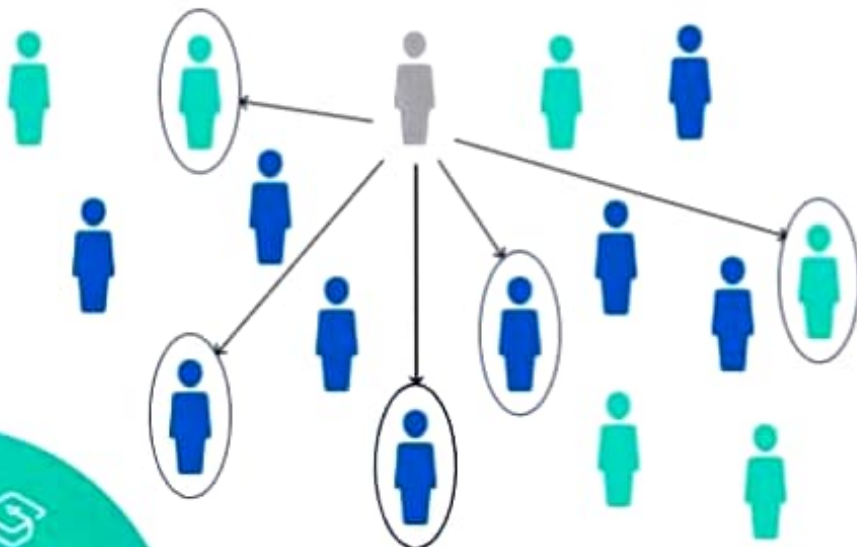
Convenience sample



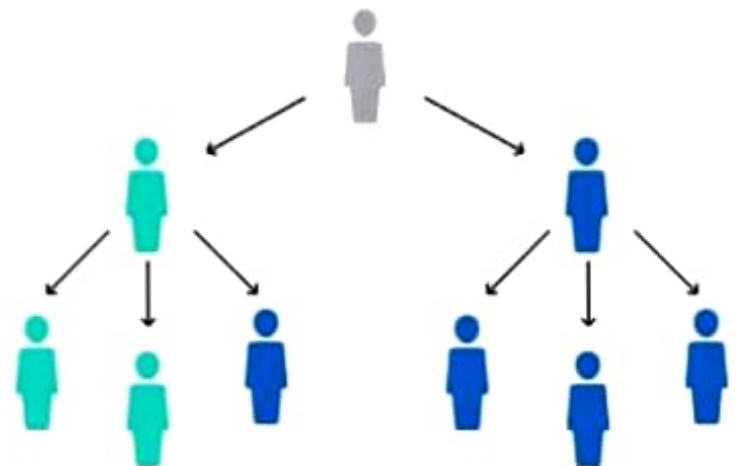
Voluntary response sample



Purposive sample



Snowball sample



are selected based on non-random criteria, and not every individual has a chance of being included.

This type of sample is easier and cheaper to access, but it has a higher risk of **sampling bias**, and you can't use it to make valid statistical inferences about the whole population.

Non-probability sampling techniques are often appropriate for exploratory and **qualitative research**. In these types of research, the aim is not to test a **hypothesis** about a broad population, but