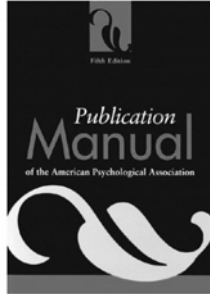


## APA Style



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### General Formatting Instructions

All double-spaced

One-inch margin all around

Section titles in bold

No personal pronouns – refer to yourself as “the researcher” or “the author”

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### Research Title

The Effects of the Independent Variable  
On The Dependent Variable

Independent Variable = what you manipulate,  
i.e. your intervention

Dependent Variable = what you are measuring,  
i.e. The behavior you want to change

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The Effects of Shaping and Positive Reinforcement on Exercise Behavior

The Effects of Differential Reinforcement of Low Rate on Fingernail Biting

The Effects of Systematic Desensitization on Spider Phobia

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## Abstract

- Put on page by itself
- A brief summary of the research
- Should be concise and not include much on details of the procedure
- 120 words or less
- State the subject pool, the gist of the findings, and a glimpse of the discussion

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## Introduction

- Why are you doing this research?
- What's the problem in question?
- Describe the problem in its broadest context first, then progress toward the specifics

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## Examples

- If you are doing a project to get your husband to exercise more, first start with why exercise is desirable in general.
- E.g. There is excessive obesity in U.S.
- Health risks of not exercising, etc.

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- Then get into the specifics about why this is a problem for your subject.
- E.g. He is 30+ pounds overweight
- He has high blood pressure
- He has been unsuccessful with other exercise regimens, etc.

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In a paragraph or two you should answer these questions:

- Why is this problem important?
- How do the hypothesis and experimental design relate to the problem?
- What are the theoretical implications of the study?
- How does this study relate to previous work in this area?
- What theoretical propositions are tested?
- How were they derived?

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Support all of your reasoning and experimental decisions with appropriate citations

- Each time a point which is not your original idea is brought to the attention of the reader, you must cite the source, even if you had referenced it earlier.
- Cite your textbooks
- Have at least six good references for this assignment
- Stay away from Internet resources unless it is from a journal

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### Citations

- (Author, year), or in text, Author (year) e.g. The effects of reinforcement were studied...(Smith, 2000). Or Smith (2000) studied the effects of reinforcement...
- First names of authors are not used
- The effects of shaping were studied...(Smith & Jones, 2001) Or Smith and Jones (2001) studied the effects of shaping...

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### Citations continued...

- With 3, 4, or 5 authors, cite all references the first time it occurs. For subsequent citations, just use the first author followed by et al. (Smith, Jones, & Johnson, 2002)
- (Smith et al., 2002)
- Six or more authors, cite only first author followed by et al.

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### End your introduction with your hypothesis.

- E.g It is hypothesized that the subject will show an increase in \_\_\_\_\_ behavior as a result of \_\_\_\_\_ intervention.
- It is hypothesized that \_\_\_\_\_ intervention will result in \_\_\_\_\_ behavior.

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### Method

- Describe in detail how the study was carried out.
- It should be sufficiently detailed that someone could read what you write and replicate your study.
- Divide into subsections.

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### Method subsections...

- Subject(s) or Participant(s): describe any relevant characteristics or demographics of your subject (gender, age...)
- Mention whether subject volunteered or was paid.
- Indicate that they consented to participate.

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### Method subsections...

- Apparatus: briefly describe any materials you used (e.g. exercise equipment, stopwatch, tally sheets, etc.)
- If you are using special equipment, identify it with supplier, model, supplier, etc.
- If the research was done in a specific location, describe it.

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### Method subsections...

- Procedure: summarize each step in the execution of your research.
- Tell exactly what you did and how you did it so a reader could replicate it.

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### Results

- Summarize the data and any statistical procedures done.
- For this assignment, a comparison of mean (average) behavior frequency before and after intervention would suffice or a percent of increase or decrease.

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## Results continued...

- Graphs and tables are desirable.
- For this assignment, include them right in this section rather than in Appendix.
- All graphs and tables must be numbered and titled according to APA guidelines.

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## Results continued...

- **NO** interpretation or explanation of the data is given at this time. You are just reporting the numbers.

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## Discussion

- This is where you explain and interpret the results.
- Begin the section with a restatement of your hypothesis.
- Then state whether the results supported or did not support what you hypothesized.

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### Discussion continued...

- If everything came out as you planned, there's not much else to say. Point out that the hypothesis was supported and works you cited in Introduction were upheld.
- If it did not come out as expected, explain why you think it didn't.
- Conjecture is allowed here. You may have to cite new sources to support your conjecture.

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### Discussion continued...

- How do your results relate to the "bigger picture?"
- Can you extrapolate your findings to real-life issues outside of your experiment?
- How might others benefit from what you did?
- How did this contribute to the field of behavioral psychology in general?

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### Discussion continued...

- The Discussion section usually ends with a note suggesting further research in this area.
- If you had to do it all again, what would you do differently?
- If someone wanted to follow-up on this line of research, what would you recommend?

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## References

- See the APA Publication Manual for examples of every different type of reference.
- In general, first line is flush with margin. If the reference continues to a second line, all other lines are indented.

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## References continued...

- Titles of Journals and volume numbers and titles of books are italicized.

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## examples

Author, A. A., Author, B. B., & Author, C. C. (2000). Title of article. *Title of Periodical*, 1, 123-129.

Author, A. A. (2001). *Title Of Book*. Location: Publisher.

Author, A. A., & Author, B. B. (2002). Title of Chapter. In A. Editor, B. Editor & C. Editor (Eds.), *Title Of Book* (pp. 123-456). Location: Publisher.

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## Appendix

- If applicable, include an appendix with any special materials used for the study.
- E.g. copies of data collection sheets, scripts, etc.)

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