

# Introduction

## OUTLINE sample

### Importance

- Depression is widespread and impairs both people's well-being and ability to function in our society

### Existing research

- Depressive people tend to...
  - Pay more attention to negative things (describe research)
  - Have better memory for negative things (describe research)
- Treatment of depression often involves re-visiting negative past experiences to better process these experiences (describe treatments)
- Evidence shows limited effectiveness (describe research)
- Researcher X suggested that those treatments may train patients even more to focus on the negative
- The REFOCUS treatment has been developed, which trains people to focus more on the positive have been developed but its effectiveness has not been tested yet

### Research question

- Does the REFOCUS treatment work?

# WRITING template

## First paragraph

**Goal:** Show why your topic is important and attract the reader to your paper. Start with a broad statement and then make it more specific.

- Understanding X is one of the primary objectives of...
- Decades of research have focussed on the question...
- The theory that.... is central to...
- It is widely assumed that...
- There has been a long-standing interest in...
- There is general consensus that X is a serious problem...

## Middle paragraphs

**Goal:** Give an overview of the relevant scientific literature.

**What is known? Which questions remain open? Are there conflicts in the literature?**

- Several studies have shown that...
- While some studies suggested that X (References) other studies pointed in the opposite direction (References)
- The findings of some studies suggested that X (References). In contrast, other studies have shown that Y (References)
- Two theories have been proposed to explain this phenomenon. According to theory X....
- Three lines of research are relevant to this question. First,...
- Devin et al. (2003) were one of the first who found evidence that...
- Overall, it has remained unclear whether...
- Taken together, it remains an open question whether...

## Last paragraph(s)

**Goal 1: State your research question**

- The goal of the present article is to...
- The research question of the present article is...

**Goal 2: State your hypotheses/ predictions**

- We hypothesize that...
- We predict that...
- Two hypotheses are conceivable...
- Our primary hypothesis is that...
- Drawing on theory X, we hypothesize that...

**Goal 3: Give a rough outline of your research**

- We tested whether patients with a diagnosed major depression would report less depressive feelings after treatment X compared to a placebo treatment.
- To test this hypothesis, we ....
- To answer this question, we ...
- For this purpose, we conducted three studies. First,... Second,... Third,...
- To shed more light on this, we used a combination of computer simulations and empirical studies. First, we used computer simulations to determine what behavior would arise if theory

X is true and what behavior would arise if theory Y was true. Next, we tested these two predictions in three empirical studies.

- The present article consists of three sections. In section 1, ... In section 2,... In section 3