

Running head: THIS IS THE 50 CHARACTERS OR LESS RUNNING HEAD

(The running head is what gets printed across the top of journal pages. It literally begins with the words "Running head." It is not the same as the 'short title' which is put next to the page number for the purpose of identifying your paper.)

This is the Title: It is Centered on the Page

Your Name

Your University

### Abstract

This is the abstract. Unlike the rest of the paper it is not indented. It should be an interesting, short, accurate representation of what your paper says in 120 words or less. See the APA Manual for the content required in an abstract.

This is the Title: It is Centered on the Page

This is the first paragraph. Try not to start with such things as, “Recent research has shown.” Note that the title of the article is not in bold, and is centered with the first letter of each word capitalized. The example presented in this paper will walk you through an experiment. The same basic style issues can be applied to a literature review.

### APA Style

Some aspects of APA style that have remained the same from the fourth edition to the fifth edition. For example, every line is double-spaced without exception. Also, the first level of header in a section is centered as shown with the title above, and the second level header is flush left and underlined as shown with “APA Style” above.

Third level headers. If you need to further divide those sections, the third level header is indented and underlined, with the text starting right after it.

### APA Style Changes

There are, however, important changes from APA’s fourth to fifth edition, all designed to make things simpler and clearer. The two most relevant changes are to the reference section. First, the "hanging indent" is back: the first line of each reference is flush left and subsequent lines are indented. Second, journal titles and volume numbers are italicized instead of underlined. In fact, all formally underlined text is now italicized, including statistics.

For an excellent annotated example paper, turn to page 306 of the APA Manual (5<sup>th</sup> ed.).

## Method

### Participants (or 'Subjects' if it is an animal study)

“Sixty participants” is used instead of “60 participants” to begin this sentence because any number starting a sentence must be spelled out, no matter how large the number. Otherwise

as a general rule of thumb spell out numbers ten or less, and write digits for numbers 11 or greater. Exceptions are for units of measurement such as 5 ml.

### Design

This study used a 2 x 2 (gender x personality) between-subjects factorial design. The two independent variables were gender (male or female participant) and personality (introvert or extrovert). The dependent variable was music ability, measured by the Musical Ability Test. Note that the factorial structure (e.g., 2 x 2) only arises when you have at least two independent variables. Also note that each independent variable always has at least two levels because you are manipulating or comparing two conditions of interest, so you would never have a 2 x 1 design. If you only had one independent variable, you might say something like the following: "This study used a between-subjects design. There was one independent variable with two levels..."

### Materials

If the materials used in the study are not particularly unusual or detailed, this section is often combined with the procedure section. The headers used in your method section are flexible. They vary depending on the needs of the type of experiment you are conducting (animal, human, etc.).

### Procedure

All method sections outline the procedure of the experiment. Include enough detail that someone could replicate your experiment, but don't give unnecessary details (e.g., don't say that "The clock used to time the trials was 12 inches in diameter and white").

## Results

Note that this header was moved down so that the last line of the previous page wouldn't be just a header with no text.

The results section is where you present the statistical analyses that you conducted to determine whether your hypotheses were supported. Sometimes you will see the results section combined with the discussion, especially if there are multiple experiments reported in one paper. Although traditionally you present only your statistical findings and reserve discussion of these findings for your discussion section, there is a recent trend towards more explanation of the results in the results section, even if you have not combined your results and discussion sections.

When reporting statistical analyses, there are specific rules for reporting the statistic, including degrees of freedom and significance level. For example, you might state that women performed significantly better than men did on your test of musical ability,  $F(1,286)=6.06$ ,  $p<.05$ . You might also refer the reader to the means presented in Table 1. Unlike in the third edition of the APA manual, it is no longer necessary to inform the publisher that they should “Insert Table 1 about here.” It is now sufficient to merely reference Table 1 in the text and let its location speak for itself. You could also include Figure 1 to show readers some other aspect of the data. Do not include a table or figure if it is redundant with information in the text.

## Discussion

Here is where you discuss your findings, their implications and their generalizability. It is typical to begin first with whether your main hypotheses were supported, then discuss how your findings support or fail to support the previous research mentioned in your introduction (the research that was the basis for your research question). There is also usually a discussion of the limitations of the present study, and suggestions for future research. The fact that the Discussion

section started on a new page is coincidental. The Discussion section continues on the page wherever your Results section ended.

## References

Unlike the previous sections, references are started on a new page. The first line of the reference is not indented, but all following lines are (hanging indent). Pay special attention to capitalization, underlining, and punctuation. They are all specific requirements of APA formatting.

Abramson, L. Y., Seligman, M. E. P., & Teasdale, J. D. (1978). Learned helplessness in humans: Critique and reformulation. *Journal of Abnormal Psychology*, 87, 49-74.

Table 1

Mean +/- SD Music Test Scores for Men and Women

	Mean	SD
Men	55.92	2.38
Women	60.84	4.16



Figure Caption

Figure 1. Insert title of your figure here. Note that if there had been more than one figure, this would have been entitled the “Figure Captions” page.