

Writing Handout W-8

## APA format: The Abstract

The abstract page should be a separate page that follows the title page. It should include the page header. Under the header, center the word “Abstract” (no bold, formatting, italics, underlining, or quotation marks).

Then write a concise summary (150-250 words, double-spaced) of the key points of your research. Do not indent. Your abstract should contain your research topic, research questions, participants, methods, results, data analysis, and conclusions. You also may include possible implications of your research and future work.

### Sample

CIRCADIAN RHYTHMS	2
Abstract	
<p>This paper explores published results from research conducted by Hartman (2010) and Mapes (2012) concerning the effects of circadian rhythms. These complex rhythms affect everyone, but can they be modified or controlled? Hartman’s conclusions have been analyzed by the scientists at the nation’s military academies. These scientists are particularly interested in the effects of circadian rhythms on pilots, who often have to perform complex missions despite sleep deprivation. The studies also could impact people who work nights, such as doctors, law enforcement personnel, and truck drivers. A possible answer could be a new form of bright lighting that imitates natural sunlight. These new lights could affect circadian rhythms, allowing people who work long hours or at night to better adapt to their situations.</p>	

APA sample pages

Running head: CIRCADIAN RHYTHMS 1

Circadian Rhythms:  
The Body's Internal Watch

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Author Note

This paper was prepared for Psychology 101,  
Section 112, taught by Professor Litton.

CIRCADIAN RHYTHMS 2

Abstract

This paper explores published results from research conducted by Hartman (2010) and Mapes (2012) concerning the effects of circadian rhythms. These complex rhythms affect everyone, but can they be modified or controlled? Hartman's conclusions have been analyzed by the scientists at the nation's military academies. These scientists are particularly interested in the effects of circadian rhythms on pilots, who often have to perform complicated missions despite sleep deprivation. The studies also could impact people who work nights, such as doctors, law enforcement personnel, and truck drivers. A possible answer could be a new form of bright lighting that imitates natural sunlight. These new lights could affect circadian rhythms, allowing people who work long hours or at night to better adapt to their situations.

CIRCADIAN RHYTHMS 3

Circadian Rhythms: The Body's Watch

Turning off the light and falling asleep sounds like such a simple task, but fifty million Americans may not agree (Hartman, 2002). Researchers have recognized that circadian rhythms, the body's internal clock, determine cycles, such as waking and sleeping. Feldman (2002) defines circadian rhythms as "[biological] processes that occur repeatedly on approximately a twenty-four hour cycle" (p. 125

**Effects of Circadian Rhythms**

Mapes (2000) states that people who work night shifts frequently have trouble sleeping during the day and are often less productive and more prone to making more mistakes.

CIRCADIAN RHYTHMS 9

References

Are you a day or night person? (2000, March). *McCalls*, 158, 12.

Bonner, P. (2000, July). Travel rhythms can be changed. *American Psychologist*, 30, 72-77.

Feldman, R. (2002). *Essentials of understanding psychology* (2nd ed.). New York, NY: McGraw-Hill.

Hartman, E. (2002). *The sleep book*. Chicago, IL: Scott Foresman.

*Fun in the sun – Florida destinations*. (1998). Retrieved June 3, 2001, from <http://www.sunfunfla.com>