## **Research Report Instructions**

You will earn 1 credit toward the RPG research requirement for each correctly completed report. To earn credit, you must follow all of the instructions below. You should use this document as a checklist to ensure each report meets all the criteria before submission. Reports are due by the last day of classes. You must submit your research reports no later than 5:00pm on the last day of classes, following the submission instructions set by your instructor. Keep in mind that reports can be submitted any time before the last day of classes.

## **STEP 1: FIND AN ARTICLE**

First, you will need to select an article to write your report on. The following criteria must be met for each article:

- 1. It must be an APA journal article from UB Libraries' PsychARTICLES full-text database (see "Help Finding an Article" below).
- 2. It must have been published no more than 6 months prior to the date you submit it.
- 3. It must contain **empirical results** (i.e., it reports the results of an experiment and contains a Method section with participants, hypotheses, results and discussion); it cannot be a summary or opinion article.

Once you find an article that meets the criteria, you should read it for an overall understanding of the research.

#### **STEP 2: INCLUDE KEY ARTICLE INFORMATION IN YOUR REPORT**

Second, you must include the following key information from your article in the document of your report:

- 1. A screenshot of the first page of your article.
- 2. Below the screenshot, **paste in the DOI** (digital object identifier) of your article. *Tip*: To find this, search (ctrl+f) for "DOI" in the text of your article.

\*\*\*Both of these pieces of information must be included for your report to be eligible for credit.\*\*\*

## **STEP 3: WRITE THE RESEARCH REPORT**

Include the following information at the top of your report:	For example:
The 1 <sup>st</sup> line should be your name and person number	Jane Doe 123456789
The 2 <sup>nd</sup> line should be the journal name	Journal of Personality and Social Psychology
The 3 <sup>rd</sup> line should contain the article title	The Effects of Helping on Love
The 4 <sup>th</sup> line should be the publication date	January 2025

Next, answer the following questions in your own words. You should be able to answer the questions without reading the Results section of the article (i.e., by just reading the introductory section, the section labeled "Methods" and the section labeled "Discussion"). If the article reports more than one experiment, pick one of the experiments and answer the questions below. Your report should be 1-2 pages, double-spaced. It must be typed (not hand-written). Questions 1-3 can be answered in 1 to 3 sentences each. Questions 4 and 5 will require more elaboration (1-3 paragraphs each).

1. Hypotheses: What was the hypothesis being tested by the experiment?

2. **Participants**: Who were the participants or subjects in the experiment? (You can find this information in the Methods section of the article).

3. **Results**: What did the experiment find? (You can find this information in the Discussion section of the article).

4. **Methods:** Based on the methods section of the article, write a first person description, pretending that you are a participant in the study. In other words, based on what the methods section told you participants did in the experiment, write a description of what it would be like to be in the experiment from the perspective of a participant. For example, if the methods say "First, all participants filled out a questionnaire assessing their attitudes about golf," you would write: "The first thing I did in the experiment was to fill out a questionnaire assessing my attitudes about golf." Describe the entire method section in this manner.

5. Your reaction to the methods: Now that you have described the methods section, write a paragraph or two describing how you think you would have reacted to being in the experiment. Would you have liked it? Would it have been fun? Do you think you would have guessed the hypotheses?

When writing the report, **DO NOT plagiarize** or **violate the academic integrity policy in your course (e.g., use AI when not allowed to do so)!** The report must be in your own words and not copied from the article. If you are found guilty of plagiarism or violating the academic integrity policy in your course, you will not receive credit. In addition, plagiarism will be reported to the <u>UB Office of Academic Integrity</u>, which will result in a you receiving a sanction. Cite any ideas that are not your own and write in your own voice. For more information on plagiarism, please see the university's policy on <u>academic dishonesty</u>.

# Help Finding an Article

1. The database you should use to find articles is **APA PsycARTICLES**, which is accessible via the <u>UB Libraries</u> webpage. Type "APA PsycARTICLES" into the OneSearch search box to locate this database. You can access APA PsycARTICLES from any UB computer or by entering your UBIT name and password if using a non-UB computer.



2. After connecting to the database, **enter a Psychology topic** that you are interested in on the Search field (e.g., "sleep" in the example pictured below).

		Sign In 📁 Folder Prefere	nces Languages • Ask A Librarian
*EBSCOhost	Searching: APA PsycArticles Choose Databases		
	sleep	Select a Field (optional) -	Search
	AND +	Select a Field (optional) *	Clear ?
	AND -	Select a Field (optional) -	$\oplus$ $\bigcirc$
	Basic Search Advanced Search PICO Search Search History >		

3. Next you should **limit your search results** by selecting the following options. This will help you to comply with the directions for the report:

- Check the "Full Text" box. This will allow you to print the article directly from the computer
- Set the "**Publication Date**" field to the **most recent 6 months**. For example, if you are turning in your report in January 2025 (as in the example below), you would want to set the "**Start Month**" field to 6 months before (August 2024) and the "**End Month**" to the present month and year (January 2025).
- In the "**Publisher**" field, select "**American Psychological Association**." This will ensure that the article you choose is a peer-reviewed article.
- Under "Methodology," scroll down and select "EMPRICAL STUDY." This should make sure that the article you choose is an experiment or survey article and not a summary or opinion article.

See example below.

Limit your results	
Full Text	Publication Name
Impact Statement Available	Open Access
Publication Year	Publication Date
Start year: – End year:	Start month: August  Start year: 2024  - End month: January  End year: 2025
Peer Reviewed	Publication Status
	All
	First Posting Fully Published
Publisher	Exclude Book Reviews
All	
American Association For Applied Psychology	
American Psychological Association	
Canadian Psychological Association	
	Tests & Measures
Age Groups	Population Group
All	All
Childhood (birth-12 yrs)	Human
Neonatal (birth-1 mo)	Animal
Infancy (2-23 mo)	Male
Methodology	Classification Codes
CLINICAL TRIAL	All
EMPIRICAL STUDY	2100 General Psychology
-Experimental Replication	2140 History & Systems
-Pollowup Study	2200 Psycholinetics & Statistics & Methodology
Document Type	Supplemental Materials
All	All
Additional Content	3-d modeling images
Bibliography	appendixes
Proved all all all all all all all all all al	
	Search

4. Click the "**Search**" button, and the database will return a page list of results - look for an interesting article and verify that it was published in the past 6 months. Find an article you are interested in and click "**PDF Full Text**" to see the article.

4. Be pres via emoti	sent now, <b>sleep</b> well later: Mindfulness promotes <b>sleep</b> health 🛛 🔎 📴 on regulation.	
	Smith, Claire E.; Mu, Christina X.; Venetto, Angelina; Khan, Arooj; Lee, Soomi; Small, Brent J.; Health Psychology, Vol 43(9), Sep, 2024 pp. 650-662. Publisher: <b>American Psychological Association</b> ; [Journal Article]; DOI: 10.1037/hea0001373	
Academic Journal	<b>Subjects:</b> Emotional Regulation; Rumination (Cognitive Process); <b>Sleep</b> ; Health Personnel; Mindfulness; Negative Emotions; Positive Emotions; <b>Sleep</b> Quality; Adulthood (18 yrs & older); Male; Female	
	Cited References: (95)       Image: HTML Full Text     Image: PDF Full Text     (511.3KB)	

5. Check to **make sure** the article meets the requirements for the report. If it does and it looks interesting to you, **carefully follow** the **Research Report Instructions** above.