

## An APA Research Paper Model

Thomas Delancy and Adam Solberg wrote the following research paper for a psychology class. As you review their paper, read the side notes and examine the following:

- The use and documentation of their numerous sources.
- The background they provide before getting into their own study results.
- The scientific language used when reporting their results.

Center the title one inch from the top. Double-space throughout.

The introduction states the topic and the main questions to be explored.

The researchers supply background information by discussing past research on the topic.

Extensive referencing establishes support for the discussion.

Running on Empty 3

### Running on Empty: The Effects of Food Deprivation on Concentration and Perseverance

Many things interrupt people's ability to focus on a task: distractions, headaches, noisy environments, and even psychological disorders. To some extent, people can control the environmental factors that make it difficult to focus. However, what about internal factors, such as an empty stomach? Can people increase their ability to focus simply by eating regularly?

One theory that prompted research on how food intake affects the average person was the glucostatic theory. Several researchers in the 1940s and 1950s suggested that the brain regulates food intake in order to maintain a blood-glucose set point. The idea was that people become hungry when their blood-glucose levels drop significantly below their set point and that they become satisfied after eating, when their blood-glucose levels return to that set point. This theory seemed logical because glucose is the brain's primary fuel (Pinel, 2000). The earliest investigation of the general effects of food deprivation found that long-term food deprivation (36 hours and longer) was associated with sluggishness, depression, irritability, reduced heart rate, and inability to concentrate (Keys, Brozek, Henschel, Mickelsen, & Taylor, 1950). Another study found that fasting for several days produced muscular weakness, irritability, and apathy or depression (Kollar, Slater, Palmer, Dozier, & Mandell, 1964). Since that time, research has focused mainly on how nutrition affects cognition. However, as Green, Elliman, and Rogers (1995) point out, the effects of food deprivation on cognition have received comparatively less attention in recent years.

# Apa Essay Example Research Paper

**Alfred F. Rosa,Paul A. Eschholz**

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**The Writer's Brief Handbook** Alfred F. Rosa, Paul A. Eschholz, 2004-04 A compact easy to use guide The Writer's Brief Handbook offers clear definitions helpful explanations and up to the minute research and reference tools altogether the best concise yet comprehensive reference available for today's student writers The Writer's Brief Handbook reflects the authors 35 year collaboration in teaching and writing about writing Using clear non technical language The Writer's Brief Handbook has gained a reputation for being student friendly and the easy to use multiple access system provides four different ways for students to diagnose a problem and find an answer making the text ideal as a stand alone reference At a time when both students and instructors are demanding more from their handbooks The Writer's Brief Handbook delivers Research Papers William Coyle, 1992

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