Running head: SHORTENED TITLE OF PAPER ALL UPPERCASE

Words “Running head” appear on Page 1 only. For instructions on how to create this header in Word, see pp. 88-91, 101 in the book listed below.

Shortened title is typed in all uppercase letters and appears on every page of paper. See pp. 88-91, 101.

Page number appears in upper right of every page. See pp. 88-91.

Ideally, title of paper should contain 12 words or less. See pp. 87, 92, 100-101.

Almost all text in paper is 12-point Times New Roman, typed double-spaced. See p. 86.

Firstname A. Lastname and Firstname B. Lastname

Name of Institution in Title Case

Full Title of Paper Typed in Title Case

Page numbers in notes refer to book:

**APA Style for Papers, Presentations, and Statistical Results: The Complete Guide**

by Larry Hatcher
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More Information:
StatsInResearch.com

Throughout, use 1-inch margins for top, bottom, left, and right. See p. 86.
Abstract


Beginning with Page 2, header still contains shortened title but without words “Running head.” See pp. 92-93.

Type abstract without any paragraph indentation. Most journals allow 150-250 words for abstract. See pp. 87, 103-105.

Throughout, text should be aligned left (i.e., left justified with a ragged right margin. See p. 87.

Heading “Abstract” is centered, NOT in boldface. See pp. 92, 97.
Full Title of Paper Typed in Title Case

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- $H_1$: Hypothesis 1 appears here.
- $H_2$: Hypothesis 2 appears here.
- $H_3$: Hypothesis 3 appears here.
- $H_4$: Hypothesis 4 appears here.

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What to include in the Introduction section of the paper? See pp. 105-106.
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**Method**

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**Participants**

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**Materials**

What to include in the Method section? See pp. 106-108.

Level 1 heading is centered and in boldface. See pp. 94-97.

Level 2 heading is flush left and in boldface. See pp. 94-97.

What to include in Materials section? See pp. 107-108.

Level 3 heading has paragraph indentation and is in boldface. See pp. 94-97.

What to include in the Method section? See pp. 106-108.

What to include in the Materials section? See pp. 107-108.

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**Measures of caffeine consumption.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.

**Measures of irritability and emotional outbursts.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.
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**Measures of playfulness and generosity.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.

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**Procedure**

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**Recruiting and screening participants.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.

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**Manipulating the independent variable.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.
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**Measuring the dependent variables.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.

**Post-intervention interviews and debriefing.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.

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**Descriptive Statistics**

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**Effects of Caffeine on Dependent Variables**

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**Irritability and emotional outbursts.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.

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**Playfulness and generous behaviors.** The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here. The text of the paragraph appears here.

What to include in the Discussion section? See pp. 111-112.
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References


Each reference is typed with a hanging indent of 0.5 inches. For guidance in formatting references in Word, see pp. 204-205.

This is page illustrates just five sample references. For detailed examples of correct APA format for all types of references (journal articles, books, Wikipedia, YouTube and more!) see pp. 203-237.
### Table 1

Scores on Four Dependent Variables as a Function of Caffeine Treatment Condition

<table>
<thead>
<tr>
<th>Dependent variable</th>
<th>High caffeine&lt;sup&gt;a&lt;/sup&gt;</th>
<th>No caffeine&lt;sup&gt;b&lt;/sup&gt;</th>
<th>M&lt;sub&gt;1&lt;/sub&gt;−M&lt;sub&gt;2&lt;/sub&gt;</th>
<th>[95% CI]</th>
<th>t(148)</th>
<th>p</th>
<th>r&lt;sub&gt;pb&lt;/sub&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irritability</td>
<td>575.00 (35.49)</td>
<td>544.73 (36.13)</td>
<td>30.27</td>
<td>[18.71, 41.82]</td>
<td>5.18</td>
<td>&lt;.001</td>
<td>.39</td>
</tr>
<tr>
<td>Emotional outbursts</td>
<td>6.24 (2.67)</td>
<td>5.03 (2.69)</td>
<td>1.21</td>
<td>[0.35, 2.08]</td>
<td>2.77</td>
<td>.006</td>
<td>.22</td>
</tr>
<tr>
<td>Playfulness</td>
<td>558.43 (35.87)</td>
<td>546.27 (36.10)</td>
<td>12.16</td>
<td>[0.55, 23.77]</td>
<td>2.07</td>
<td>.040</td>
<td>.17</td>
</tr>
<tr>
<td>Generous behaviors</td>
<td>5.24 (2.67)</td>
<td>4.99 (2.65)</td>
<td>0.25</td>
<td>[-0.61, 1.11]</td>
<td>0.58</td>
<td>.561</td>
<td>.05</td>
</tr>
</tbody>
</table>

Note. N = 150. r<sub>pb</sub> = Point-biserial correlation between dependent variable and caffeine treatment condition (coded 0 = no-caffeine condition and 1 = high-caffeine condition).

<sup>a</sup>n = 75. <sup>b</sup>n = 75.

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For correct APA format for over 100 statistical symbols, see pp. 141-147.

When feasible, report 95% confidence intervals. See pp. 125-126.

When feasible, report index of effect size. See p. 129.

This is just one example of a table in correct APA style. For more examples and easy-to-understand guidelines, see pp. 151-163.
Figure 1. Mean levels of actual caffeine consumed (mcg/ml) based on saliva samples analyzed with the Rohr OFBD Screen. Error bars are 95% confidence intervals.
Beverage and Supplement Questionnaire (BSQ)

This scale asks about beverages, nutritional supplements, and other items you have consumed during the past 24 hours. In answering each question, type your response on your screen or keypad; type “0” if none.

1. How many cans or glasses of beer did you drink during the past 24 hours?
2. Did you take a multivitamin such as One-A-Day® or Centrum®? Type “1” if yes or “0” if no.
3. How many cans of energy drinks containing caffeine (such as Red Bull®) did you drink?
4. How many glasses of wine did you drink?
5. How many protein shakes did you drink?
6. How many cups of coffee containing caffeine (including lattes and espressos) did you drink?