

### Sample abstract

The following page is formatted as the abstract page should be formatted and has an example abstract (using the chocolate consumption and other variables used in other example documents).

I used a target of 200 words for the abstract, which is the target assigned for class. The acceptable range for the word length is 150 – 250, but getting as close to 200 as possible is preferred; most abstracts have a maximum word limit that authors are not permitted to exceed. The sample abstract here falls just short of the desired length, 197 words, which is excellent.

Note that the abstract is NOT indented. This is called “block format” and is the required format for the abstract.

I also included an example of the Keywords element of this page.

All of these elements should be included and formatted per APA standards (as they are here).

**HOWEVER:** I am using different colors of text to help you see the different elements of the abstract. YOU WILL NOT use colored text... your text will be all black on white, which is APA standard.

**Abstract**

Comfort eating is a well-known phenomenon that can be engaged in for many reasons including attempting to alleviate depression, reduce anxiety, and escape from negative thinking. Comfort eating may also result in unintended weight gain and the concomitant health and social issues that can arise as a result of being overweight, including reductions in self-esteem. The current research explores the relationship between chocolate consumption and self-esteem, also exploring whether there is an age-related variation in the potential relationship. It was expected that there would be a negative correlation between chocolate consumption and self-esteem, and no relationship between age and chocolate consumption or self-esteem. The participants consisted of 378 undergraduate students who completed a daily questionnaire delivered via an app on their smartphone. The questionnaire included the Rosenberg Self-Esteem Scale as well as probes related to food consumption (including chocolate) within the previous 24 hours. The predicted negative relationship between self-esteem and chocolate consumption was strong and there was no relationship between age and chocolate consumption, as expected. However, there was an unexpected positive relationship between age and self-esteem. A discussion of the reasons for these relationships are discussed as well as possible future directions for research.

*Keywords:* comfort eating, self-esteem, age and self-esteem,

**Commented [PWL1]:** Background, rationale, and basic concept

**Commented [PWL2]:** Hypotheses (blue for clarity in this in-class sample document... DO NOT use color in yours.)

**Commented [PWL3]:** Method including participants (purple for clarity in this in-class sample document... DO NOT use color in yours.)

**Commented [PWL4]:** Results and teaser regarding discussion

**Commented [PWL5]:** This suggests words that, if used in a web search, could produce this document as a search result. The word "Keywords:" is italicized and indented. The key words, separated by commas, are not italicized.