

## 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: 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 (Pindl, 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, Docter, & 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.

# Sample Apa Research Paper

**Sebastian Brünink**



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## **Table of Contents Sample Apa Research Paper**

1. Understanding the eBook Sample Apa Research Paper
  - The Rise of Digital Reading Sample Apa Research Paper
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Apa Research Paper
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Apa Research Paper
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Apa Research Paper
  - Personalized Recommendations
  - Sample Apa Research Paper User Reviews and Ratings
  - Sample Apa Research Paper and Bestseller Lists
5. Accessing Sample Apa Research Paper Free and Paid eBooks
  - Sample Apa Research Paper Public Domain eBooks
  - Sample Apa Research Paper eBook Subscription Services
  - Sample Apa Research Paper Budget-Friendly Options

6. Navigating Sample Apa Research Paper eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Apa Research Paper Compatibility with Devices
  - Sample Apa Research Paper Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Apa Research Paper
  - Highlighting and Note-Taking Sample Apa Research Paper
  - Interactive Elements Sample Apa Research Paper
8. Staying Engaged with Sample Apa Research Paper
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Apa Research Paper
9. Balancing eBooks and Physical Books Sample Apa Research Paper
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Apa Research Paper
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Sample Apa Research Paper
  - Setting Reading Goals Sample Apa Research Paper
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Apa Research Paper
  - Fact-Checking eBook Content of Sample Apa Research Paper
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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