Abstract

Purpose
The abstract is a one-paragraph, self-contained summary of the most important elements of the paper; for publication purposes, it allows the reader to gain an overview of the article.

A well-written abstract is accurate, non-evaluative, coherent and readable, and concise. It should reflect the paper’s content and purpose and provide a brief and comprehensive summary of the study or review.

The abstract should include a brief description of the problem being investigated, and if applicable, the methods used, the results, and their implications. If the paper focuses on a review of existing literature, the main points discussed in the body of the paper should appear in the Abstract.

General Format
The abstract begins on a new page after the title page.

The word Abstract is centered on the first line of the page and is typed in upper and lowercase letters. It is not bolded, underlined, or italicized. All numbers in the abstract (except those beginning a sentence) should be typed as digits rather than words.

How to Write an Abstract
While the abstract will begin the paper, it should be the last section that is written. Writing the abstract after the body should enable the writer to better grasp the overall purpose of the paper and to briefly provide an overview of its main points.
According to APA style, the length of the abstract should be within **150-250 words**. It is typed as a single paragraph but is not indented. Double-spacing and standard 1-inch margins are maintained.

In order to succinctly describe the entire paper in the abstract, the most important elements need to be determined, and each section of the manuscript should be represented in the Abstract.

The abstract should be structured in the same order as the paper. Begin with a brief summary of the introduction to the paper and then continue with a summary of all of the main sections of the paper.

It should be accurate (do not include information here that is not in the body of the manuscript), self-contained (spell out abbreviations), concise (150-250 word maximum), and specific (begin this section with the most important information and limit it to the four or five most important concepts, findings, or implications of the study).

Avoid directly quoting; paraphrase and/or summarize contents of the paper.

Since quoting is discouraged, avoid citing references in the abstract. The ideas within the abstract should be the writer’s instead of the sources’.

Use active rather than passive voice, and do not use personal pronouns. Maintain consistent verb tense. As a general rule, use past tense for procedures and present tense for results.

**Keywords**

Keywords are optional and added at the end of the abstract. Their purpose is to “enhance the user’s ability to find” them within the body of the paper (Publication Manual of the American Psychological Association, 2010, p. 26).

To add the list of keywords, tab once, type the word *Keywords* in italics and follow with a colon. Press the space bar twice then list the keywords in regular font. The words are not capitalized unless they are proper names, and they do not need to be alphabetized. A period is not used at the end of the list.

**An Example of an Abstract page in APA style, 6th ed., is shown on the next page.**
Abstract

Obesity is a recent health epidemic that has dire consequences for America’s health, especially for its children. The causes contributing to this epidemic include sedentary life styles, caloric intake, and major changes in the eating patterns of American families. Among these changes in eating habits is the amount of food Americans consume, how often they consume those foods, and the types of foods themselves.

*Keywords:* obesity, sedentary life styles, eating habits