

Research Writing

Exercise 1:

Understanding Research Writing

Read the following passage and answer the questions that follow.

- A.** Research writing involves the systematic investigation of a topic or issue, with the goal of discovering new information and expanding the current understanding of the subject.
- B.** The research process typically involves several stages, including selecting a topic, conducting a literature review, formulating a research question or hypothesis, collecting and analyzing data, and drawing conclusions.
- C.** In order to ensure that research is conducted ethically and with integrity, researchers must adhere to certain principles and guidelines, such as obtaining informed consent from study participants and ensuring the confidentiality and anonymity of research subjects.

- 1. What is research writing?**
- 2. What are the stages involved in the research process?**
- 3. What principles and guidelines must researchers adhere to?**

Exercise 2:

Identifying Research Writing

Read the following passage and identify the research question or hypothesis.

- A.** The aim of this study is to investigate the effects of exercise on mental health. Specifically, we are interested in whether regular exercise can reduce symptoms of depression and anxiety in adults.

- B.** To test our hypothesis, we will recruit a sample of 100 adults who are currently experiencing symptoms of depression or anxiety. Half of the participants will be randomly assigned to an exercise intervention group, and half will be assigned to a control group. The exercise intervention group will engage in 30 minutes of moderate-intensity exercise three times per week for six weeks, while the control group will continue with their normal daily activities.
- C.** We will measure symptoms of depression and anxiety before and after the six-week intervention period using standardized questionnaires. We predict that the exercise intervention group will show a significant reduction in symptoms of depression and anxiety compared to the control group.

1. Research question or hypothesis: Can regular exercise reduce symptoms of depression and anxiety in adults?

Exercise 3:

Writing a Research Proposal

Choose one of the following topics and write a research proposal of approximately 500 words.

- A. Investigate the effects of social media on self-esteem in adolescents.**
- B. Explore the relationship between diet and academic performance in college students.**
- C. Examine the effectiveness of mindfulness meditation in reducing stress and anxiety in healthcare professionals.**