

Template & Guide for a Qualitative Research Article

1. Introduction

- Introduce the research problem and its significance in adult development/or aging and counseling.
- Provide context, rationale, and research purpose.
- End with the central research question(s).

Tips:

- Keep it concise and compelling.
 - Emphasize relevance to adult development/aging and counseling.
 - Highlight potential practical and theoretical contributions.
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2. Literature Review

- Synthesize existing qualitative and quantitative studies related to your topic.
- For the most relevant studies, highlight:
 - Study design (qualitative, quantitative, mixed-methods)
 - Sample characteristics (age range, population, setting, cultural context)
 - Key findings and/or gaps relevant to your research question
- Identify gaps, inconsistencies, or underexplored areas.
- Use the literature to make a clear argument for why your study is needed.

Tips:

- Go beyond summary; synthesize patterns, gaps, or conflicts that your study addresses.
 - Emphasize studies most directly related to your research questions.
 - Organize logically (e.g., thematic, chronological, or methodological).
 - Highlight limitations of prior studies to justify your study.
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3. Theoretical/Conceptual Framework

- Describe the guiding theory, model, or conceptual lens.
- Explain how it informs your study design, data collection, and interpretation.
- Highlight any innovations or adaptations you are making to existing frameworks.

Tips:

- Clearly connect the framework to your research questions.
 - Make explicit how it supports interpretation of qualitative findings.
 - Emphasize novelty or the contribution to adult development and/or aging.
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4. Method

A. Research Design

- Specify qualitative approach (phenomenology, grounded theory, case study, narrative, etc.).
- Justify why your approach was chosen and why it was most appropriate.

B. Participants

- Describe sample size, demographics, recruitment strategy, and inclusion/exclusion criteria.
- **Subsection:** Ethical Considerations - IRB approval, informed consent, confidentiality, and protections for participants.

C. Data Collection

- Detail procedures (interviews, focus groups, observations, document analysis).
- Include setting, duration, and protocols.

D. Data Analysis

- Explain coding, thematic analysis, or other analytic methods.
 - Discuss trustworthiness, credibility, and rigor (member checking, peer review, audit trail).
 - **Sub section:** Researcher Reflexivity or Positionality Statement - A positionality statement briefly explains how your background, expertise, and perspective inform the research. It helps readers understand how your experiences shape study design, interpretation, and analysis. Avoid lengthy personal narratives that do not focus on what is directly relevant to the study.
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5. Results/Findings

- Present main themes or patterns supported by participant quotes.
- Organize by research questions or thematic categories.
- Tables or visual summaries can be used sparingly.

Tips:

- Use rich, representative quotes to illustrate themes.
 - Maintain participant confidentiality.
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6. Discussion

A. Interpretation of Findings

- Relate findings back to theory and literature.
- Highlight new insights or patterns.

B. Implications for Practice

- Translate findings into practical guidance for counselors.

C. Implications for Research

- Suggest future studies or areas to expand the model/framework or research.

D. Limitations

- Discuss methodological or contextual limitations, including transferability.

E. Conclusion (One paragraph)

- Summarize contributions to theory, practice, and adult development/or aging.

Tips:

- Highlight novelty or innovation of your study.
- Discuss practical and theoretical significance.