

Template & Guide for a Quantitative Research Article

1. Introduction

- Present the research problem, significance, and relevance to adult development/or aging and counseling.
- Provide context, rationale, and research purpose.
- End with the central research question (s) and/or hypotheses.

Tips:

- Hook the reader with relevance to practice and theory.
 - Keep language clear and concise.
 - Emphasize the contribution your study will make.
-

2. Literature Review

- Synthesize existing qualitative and quantitative studies related to your topic.
- Include study details:
 - Study design, sample size, demographics (age, setting, population)
 - Key results relevant to your variables
 - Strengths and limitations
- Identify gaps, inconsistencies, or underexplored areas.
- Use the literature to make a clear argument for why your study is needed.

Tips:

- Emphasize studies most directly related to your research questions.
 - Go beyond summary; synthesize patterns, gaps, or conflicts that your study addresses.
 - Organize by theme or methodological similarity.
 - Avoid listing studies without connecting them to your argument.
-

3. Theoretical/Conceptual Framework

- Describe the guiding theory, model, or conceptual lens.
- Explain variable selection, hypothesized relationships, and interpretation.
- Highlight any adaptation or innovation in applying theory.

Tips:

- Show clear links between theory, hypotheses, and method.
- Highlight novel aspects (e.g., new populations, variables, or combinations).

4. Method

A. Study Design

- Specify type (experimental, quasi-experimental, correlational, survey, etc.)
- Justify why your approach was chosen and why it was most appropriate.
- ***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.

B. Participants

- Sample size, demographics, recruitment, inclusion/exclusion criteria.

C. Measures/Instruments

- Describe scales, reliability, validity, and any modifications.
- If there are significant modifications to a validated scale conduct an exploratory factor analysis (create a research question for the EFA, interpret these findings in the results and discussion section).

D. Procedure

- Data collection process, sampling procedure, and timeline.
- ***Subsection:*** Ethical Considerations - IRB approval, informed consent, confidentiality, and protections for participants.

E. Data Analysis

- Statistical methods, assumptions, software used.
- Handling of missing data or potential confounds.
- Power analysis

Tips:

- Ensure alignment between research questions, hypotheses, and analysis.
- Include sufficient detail for replication.
- Justify analytic choices and sample size.

5. Results

- Present findings logically, aligned with hypotheses or research questions.
- Include tables, figures, and relevant statistics (means, SDs, correlations, regressions).
- Report effect sizes and significance.

Tips:

- Be precise and transparent with statistics.
 - Highlight findings that are practically as well as statistically meaningful.
-

6. Discussion

A. Interpretation of Results

- Connect findings to theory and prior literature.
- Highlight novel insights or unexpected patterns.

B. Limitations

- Discuss sample, design, measurement, and generalizability limitations.

C. Implications for Practice

- Translate findings into guidance for counselors.

D. Implications for Research

- Suggest directions for future studies or replication based on limitations.

E. Conclusion

- Summarize main contributions, practical and theoretical significance.

Tips:

- Make explicit connections between results and prior research.
- Highlight the innovation or added value of your study.
- Discuss implications for practice, policy, and future research.