

Article Review Instructions: Please Read Carefully

You will write an article review, relevant to this week's learning module and readings. You will select the article yourself by searching the UVA Library Databases. The article you choose should be a research article (has a hypothesis that is empirically tested). Pick an article relevant to a topic covered in the weekly readings. Each review is worth 20 points. The review should be 1-2 single-spaced pages in a 12-point font. It is in your best interest to submit your review before it is due so you may check your originality report and correct any spelling and grammatical errors identified by the software program. The purpose of the review is to provide students knowledge of how research is conducted and reported. The main part of your review needs to include the following information. Please comment on these aspects of the article as part of your review. Provide only the briefest summary of content. What I am most interested in is your critique and connection to weekly readings.

Reference. Listed at the top of the paper in APA style.

Introduction. Read the introduction carefully. The introduction should contain:

- A thorough literature review that establishes the nature of the problem to be addressed in the present study (the literature review is specific to the problem)
- The literature review is current (generally, articles within the past 5 years)
- A logical sequence from what we know (the literature review) to what we don't know (the unanswered questions raised by the review and what this study intended to answer)
- The purpose of the present study
- The specific hypotheses/research questions to be addressed.
- State the overall purpose of the paper. What was the main theme of the paper?
- What new ideas or information were communicated in the paper?
- Why was it important to publish these ideas?

Methods. The methods section has three subsections. The methods sections should contain:

- The **participants** and the population they are intended to represent (are they described as well in terms of relevant demographic characteristics such as age, gender, ethnicity, education level, income level, etc?).
- The number of participants and how the participants were selected for the study
- A description of the **tools/measures** used and research design employed.
- A detailed description of the procedures of the study including participant instructions and whether incentives were given.

Results. The results section should contain a very thorough summary of results of all analyses. This section should include:

- Specific demographic characteristics of the sample
 - A thorough narrative description of the results of all statistical tests that addressed specific hypotheses
 - If there are tables and figures, are they also described in the text?
 - If there are tables and figures, can they be interpreted "stand alone" (this means that they contain sufficient information in the title and footnotes so that a reader can understand what is being presented without having to go back to the text)?
- Discussion.** The discussion is where the author "wraps up the research". This section should include:
- A simple and easy to understand summary of what was found
 - Where the hypotheses supported or refuted?

An Action Plan for Self-Care

Consider how guidance for patients may apply to you



As professionals working with people in distress, practicing psychologists themselves tend to face undue stress. Some practitioners functioning in the role of helper are far more concerned with their clients' well-being than with their own.

Yet a proactive approach to self-care is crucial for effectively managing occupational and personal stressors and for maintaining optimal wellness. Good self-care is sound prevention – guarding you against severe or chronic distress or even professional impairment.

The global economic downturn may intensify the challenges facing practitioners. For example, stress levels may spike for psychologists experiencing financial concerns or hardship while they work with clients in similar or worse situations. In a December 2008 survey of American Psychological

Association (APA) members, up to one-third reported that the economy had a negative impact on the number of clients seen, income and employment security.

In good economic times and bad, practicing psychologists have an abiding ethical imperative to engage in self-care. The APA *Ethical Principles of Psychologists and Code of Conduct* (2002, Principal A) states that: "Psychologists strive to be aware of the possible effect of their own physical and mental health on their ability to help those with whom they work."

The same self-care guidance that psychologists offer to clients is useful for the caregivers themselves. Consider the following self-care pointers:

- ▶ Make personal and professional self-care a priority.
- ▶ Honestly assess your psychological and physical health.
- ▶ Focus on prevention rather than simply on remedying problems such as inactivity, over commitment or poor nutrition.
- ▶ Find time for activities that are personally restorative such as brisk walking or other forms of exercise, yoga, pleasure reading, journaling, meditation and massage.

EIGHT BENEFITS OF SELF-CARE

- ▶ Reduces occupational hazards such as burnout and compassion fatigue
- ▶ Helps build resilience
- ▶ Models healthy behavior for clients
- ▶ Promotes quality of caring
- ▶ Increases the capacity for empathy
- ▶ Fortifies relationships with clients and others
- ▶ Enhances self-esteem and confidence
- ▶ Contributes to realistic goal setting