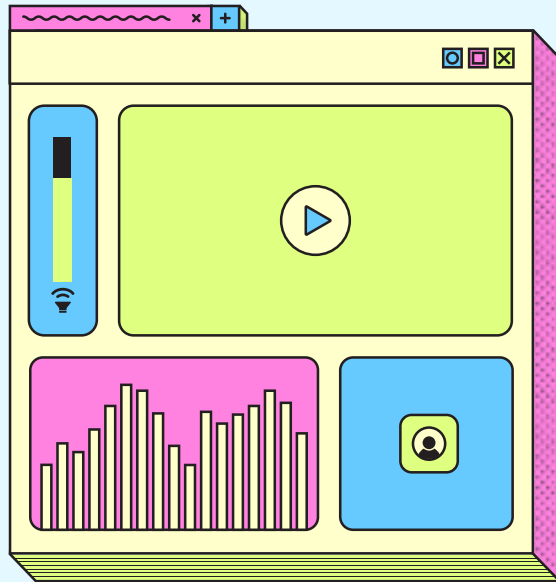
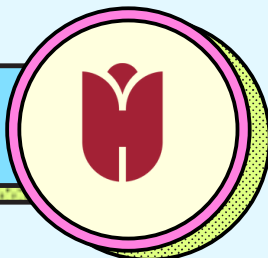


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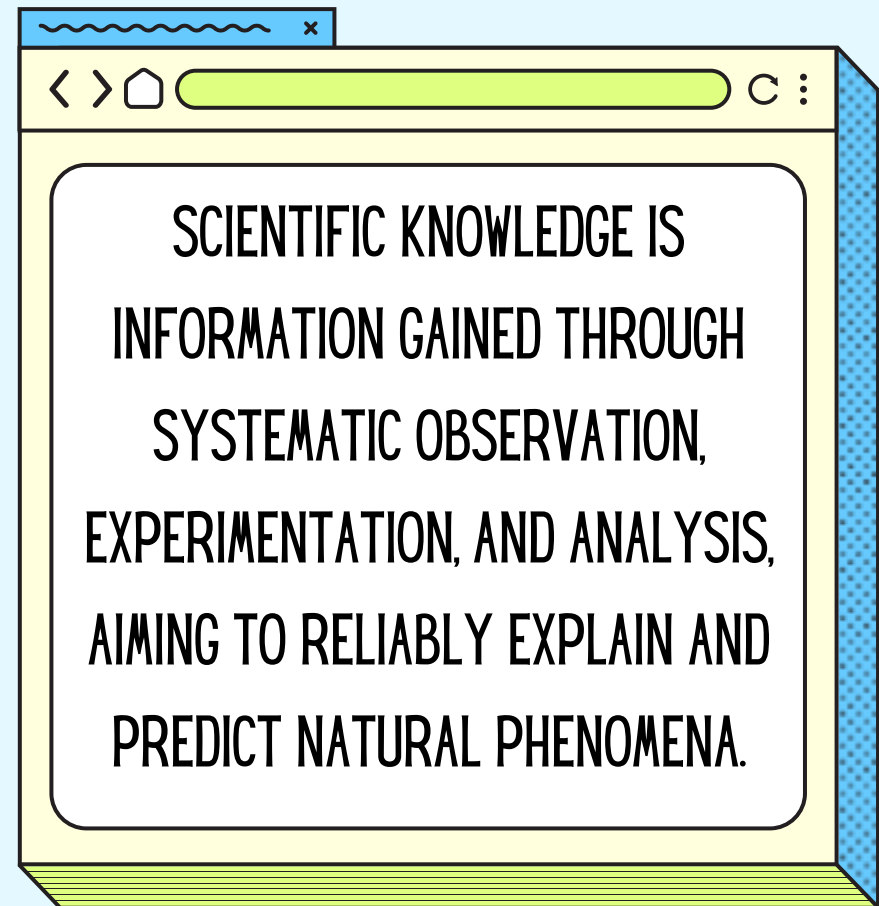


ACADEMIC ARTICLE RESEARCH & READING

IBN HALDUN UNIVERSITY
DEPARTMENT OF PSYCHOLOGY



SCIENTIFIC KNOWLEDGE



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WHY DO PEOPLE PREFER NON-SCIENTIFIC KNOWLEDGE?

People may avoid scientific knowledge

Because;

1. it can be complex
2. may challenge their personal beliefs,
3. lack immediate emotional comfort.
4. non-scientific sources are often more accessible, familiar, and aligned with cultural or social influences, making them more appealing.

WHY SHOULD WE USE SCIENTIFIC KNOWLEDGE?

- It is reliable, based on tested and verified methods, making it trustworthy.
- It helps us predict future events or outcomes.
- Supports solving issues.
- Drives the development of new technologies and methods.
- Provides an unbiased perspective on phenomena.
- Helps individuals and societies make informed choices.
- Scientific knowledge evolves with new evidence, staying relevant and applicable.
- It broadens our horizon, makes us curious.
- Helps us think critically.
- It helps us to become more conscious and sensitive individuals to the world around and beyond us.

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LITERATURE RESEARCH

Conducting a literature review is essential for understanding existing research on a particular topic and identifying gaps where further study is needed.

STEP-BY-STEP GUIDE

1- Define Your Question

Start with a Focused Topic: Begin by formulating a clear, specific question or hypothesis to guide your research. Use the PICO framework (Population, Intervention, Comparison, Outcome) if it fits your topic.

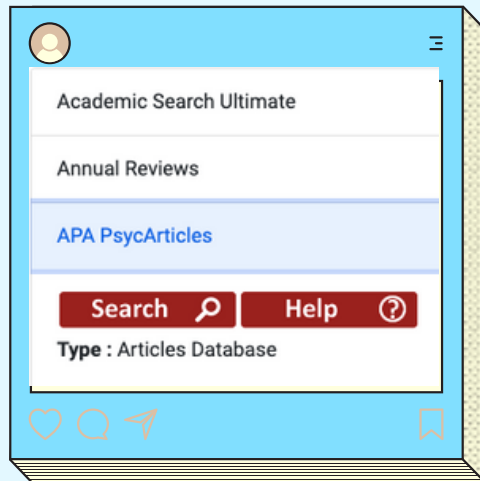
2- Identify Keywords

Keywords and Synonyms: List out keywords and synonyms for your topic. For example, if you're researching "stress," include variations like "anxiety," "mental health," or "psychological distress."

3- Identify Key Sources

Databases to Use: Use psychology-related databases like PsycINFO, PubMed, Google Scholar, and JSTOR. These contain **peer-reviewed** articles, which are essential for academic research.

Ibn Haldun University Library provides access to **PsycArticles** through its **Subscribed Databases**. This database provides access to full-text, peer-reviewed articles published by the American Psychological Association (APA) and other affiliated publishers.



4- Use Boolean Operators

AND to include all concepts (e.g., "cognitive behavior therapy AND depression").

OR to include synonyms (e.g., "anxiety OR stress OR nervousness").

NOT to exclude terms that might retrieve irrelevant results (e.g., "anxiety NOT generalized").

5- Use Search Strategies

Use **quotation marks** to search for exact phrases (e.g., "cognitive behavioral therapy").

Use **filters** to limit by date, study type, age groups, or population specifics.

6- Article Screening Steps

Start with the Title

The title of an academic article is the first indicator of its relevance. They are an excellent starting point. Ask yourself:

- Does the title align with your research topic or area of interest?

If the title seems promising, EXAMINE KEYWORDS

Most academic articles list keywords that reflect the core themes or methodologies of the research.

- Whether the keywords match the themes you are exploring.
- Whether they include specific methodologies, populations, or frameworks you are investigating. Next Step



Review the Abstract

The abstract is a concise summary of the article, offering an overview of its objectives, methods, results, and conclusions. When reading the abstract:

- Look for the research question or objective: Is it aligned with your interests?
- Check the methodology: Is it relevant to your study?
- Assess the findings: Are they potentially useful for your research?

“ If the abstract suggests the article is valuable, mark it for deeper reading. ”

7- Search Review Articles



Review articles and meta-analyses

summarize and analyze existing research, offering comprehensive insights.

Include terms like “review,” “systematic review,” or “meta-analysis” in your searches.

8- Use Citation Chaining



- **Backward chaining:** Look at the reference list of relevant articles to find foundational studies.
- **Forward chaining:** Use databases like Google Scholar to see who has cited a relevant article since it was published.

9- Organize Your Findings

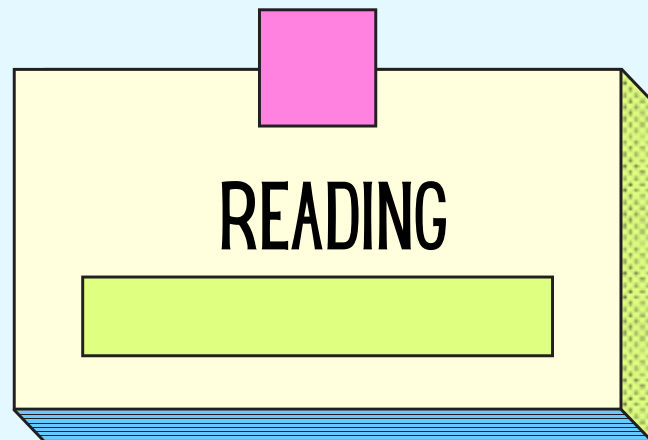


Thematic or Chronological Approach: Decide whether to structure your review thematically (by topic) or chronologically (by time). A thematic approach is ideal when comparing different theories or approaches, while chronological is best when showing how research has evolved.



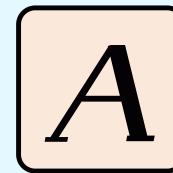
LITERATURE REVIEW: BECAUSE THE BEST IDEAS ARE ALREADY OUT THERE JUST WAITING TO BE FOUND!

AFTER WE ARE DONE
RESEARCHING, AND WE
FOUND WHAT WE ARE
LOOKING FOR; WE DO THE
AUTOPSY



HOW TO READ AN ACADEMIC ARTICLE

START WITH THE ABSTRACT



Read the abstract to get an **overview of the study's purpose, methods, findings, and conclusions.**

Don't forget to check the keywords 'usually above or below the abstract'.

Keywords

depression, prejudice, deprejudice, stereotyping, CBT



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REVIEW THE INTRODUCTION

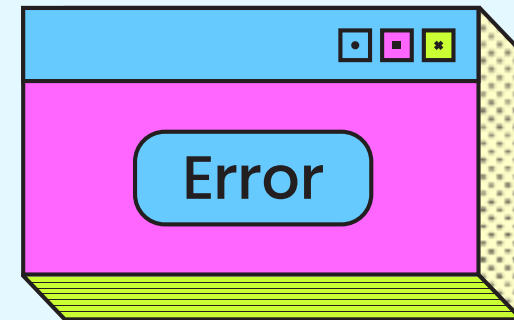
The introduction explains the **problem** being addressed, and highlights **why it's important**. The introduction also reviews **relevant literature**, identifying gaps or unresolved issues that the study aims to address. It typically concludes with **the research question, hypothesis**, or specific objectives, **giving readers a clear idea of what the study seeks to accomplish** and its significance in the broader field.

Don't forget to check the hypothesis!

SKIM THE METHODS SECTION

Skimming the methods section help us understand how study was conducted. It includes details on the study design, participants, data collection tools, analysis methods, and ethical considerations.

We can also gain an understanding of the study's reliability, which allows for the replication of the research



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THE METHODS SECTION

Let's Dive more into the Methods part !

Key Points to Focus on in the Methods Section

1. Dependent and Independent Variables
 - Clearly identify what is being measured (dependent) and what is manipulated (independent).
2. Study Design
 - Determine whether the study uses a between-subject or within-subject design.
3. Participants
 - Review the number of participants and their demographics (e.g., age, gender, background).

4. Stimuli

- Pay attention to the type of stimuli used and how they were prepared.

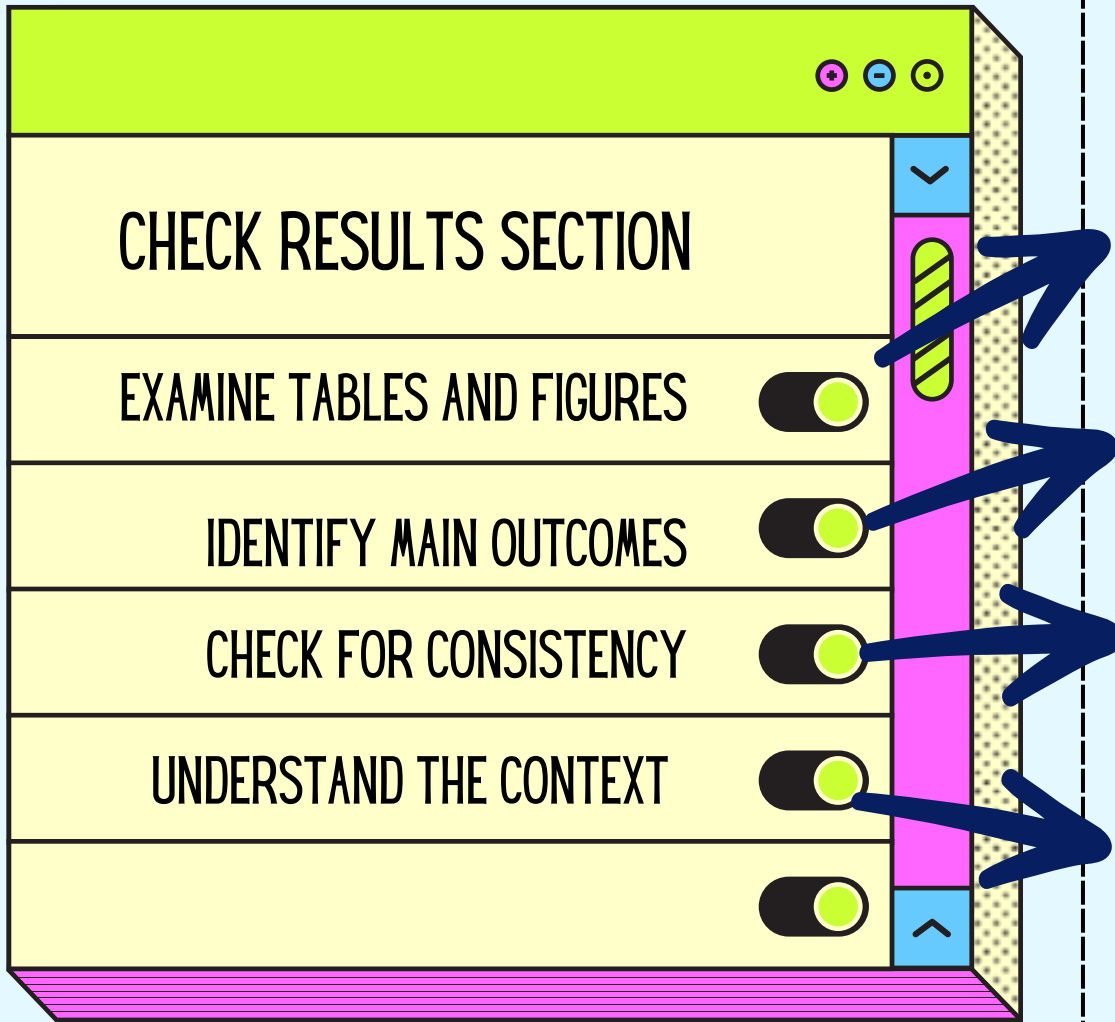
5. Procedure

- Understand the sequence of experimental steps and how the study was conducted.

Note That:

Here, you can see the design of the study and gain insight into what was done during the experiment. The Methods section allows you to evaluate whether the study was conducted properly. It serves as a key reference for assessing the study's validity and reliability.

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HOW?

These visual elements present data in a summarized form. Tables might show numerical results, while graphs (bar charts, line graphs, etc.) visually represent relationships or trends. Pay attention to the labels, legends, and axes to understand what is being measured and compared.

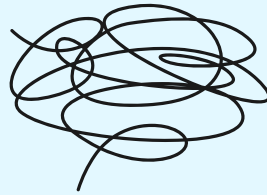
Focus on the main findings that answer the research questions or test the hypothesis. Look for trends, patterns, or significant differences in the data. Statistical results like p-values or confidence intervals can tell you whether the findings are statistically significant.

Compare the results across different tables or figures to ensure consistency in the reported findings. Any unexpected results should be noted and might be explored further in the discussion section.

Pay attention to how the results are framed in the text. The results section should describe what the data shows without interpretation. Be careful not to jump to conclusions—interpretation is typically found in the discussion section.

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INTERPRET THE DISCUSSION AND CONCLUSION



We read the Discussion and Conclusion sections to understand the significance of the study's findings, how they contribute to the field, and their broader implications. These sections help us interpret the results in context, acknowledge limitations, and explore suggestions for future research.

- Focus on the **interpretation of the results** and how the authors connect them to the research question and existing literature.
- Identify the **implications for theory**, practice, or policy to understand the broader impact of the study.

- Note **the limitations**, as they help assess the reliability and generalizability of the findings.
- Look for **future research suggestions**, which can guide you in understanding unresolved issues or areas for further exploration.

TAKE NOTES AND SUMMARIZE

Write down important points, key findings, and any questions you have. Summarize the article in your own words.



CHECK THE REFERENCES

THE ANATOMY OF AN ARTICLE

1. Abstract

- A concise summary of the study's purpose, methods, key findings, and conclusions.
- Contains keywords for quick topic identification.

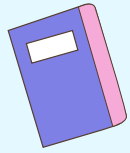
Think of the abstract like a movie trailer—it gives you a quick glimpse into the story! It summarizes the whole study, highlighting the research question, methods, and big takeaways.

2. Introduction

- Introduces the research problem and its significance.
- Reviews existing literature and identifies gaps.
- States the research question, hypothesis, or objectives.

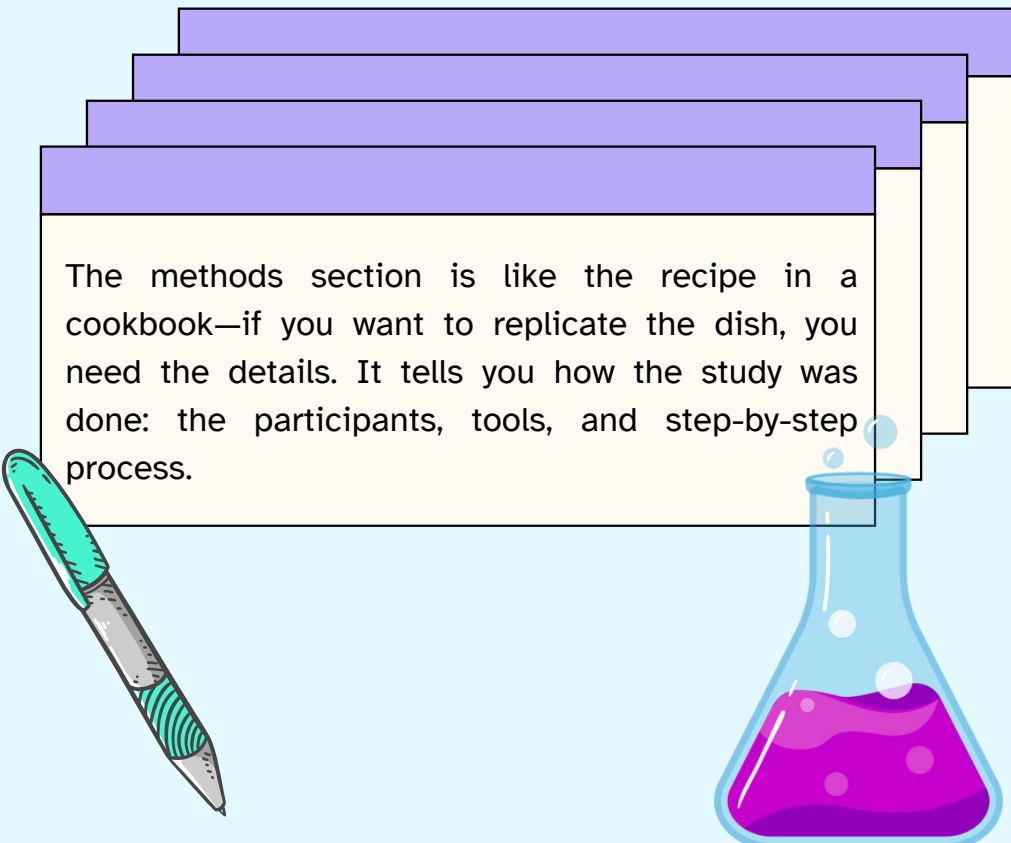
The introduction is like the prologue of a book—it sets the context and tells you why the study matters. It introduces the problem and the research question like a good mystery that needs solving!

THE ANATOMY OF AN ARTICLE



3. Methods

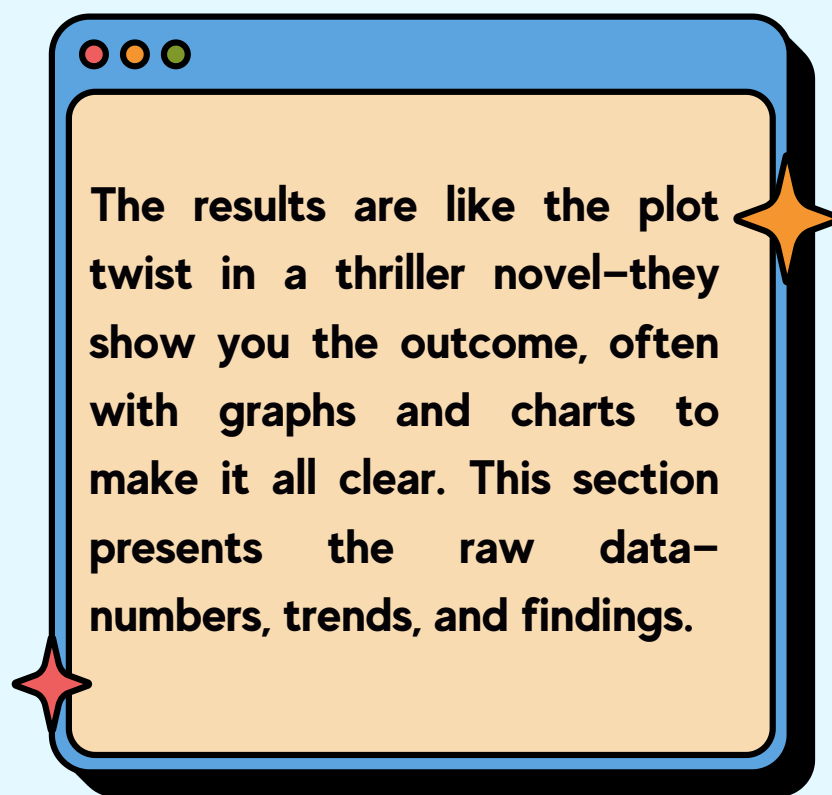
- Explains the study design, participants, and tools used for data collection.
- Describes the analysis methods and ethical considerations.



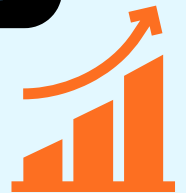
The methods section is like the recipe in a cookbook—if you want to replicate the dish, you need the details. It tells you how the study was done: the participants, tools, and step-by-step process.

4. Results

- Summarizes the main findings with visual aids like tables and graphs.
- Highlights trends, patterns, and statistical significance.



The results are like the plot twist in a thriller novel—they show you the outcome, often with graphs and charts to make it all clear. This section presents the raw data—numbers, trends, and findings.



THE ANATOMY OF AN ARTICLE

5 Discussion & Conclusion

- Interprets the results in context and their relevance to the field.
- Identifies limitations and proposes areas for future research.

This section interprets the findings, like a detective solving the case. It answers: "What does it all mean?" and connects results to the bigger picture. The conclusion sums up the journey and proposes the next steps.



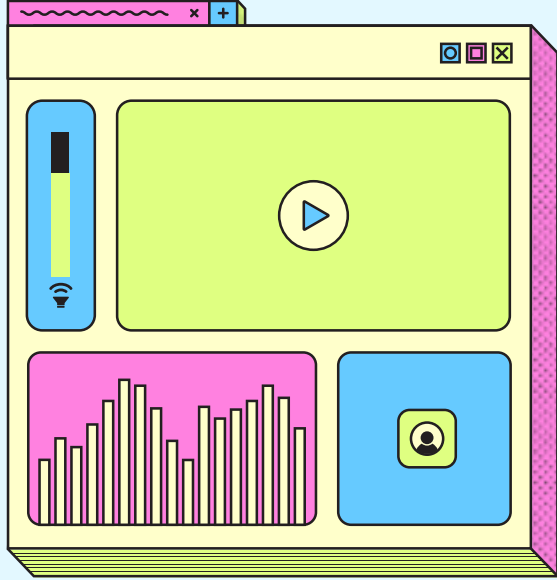
6. References

- Lists all sources cited in the article to ensure credibility and traceability

The references section is like the map to get to the treasure. It lists all the sources you used to find your treasure trove of knowledge, and it allows others to trace your steps.

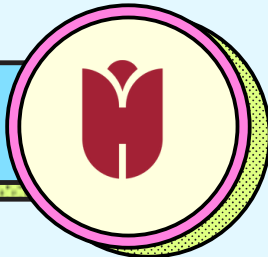


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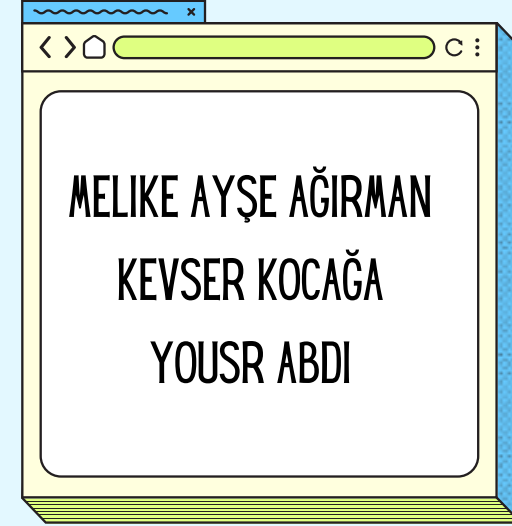


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PREPARED BY PSYCHOLOGY DEPARTMENT



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