

Abstract Formatting and Writing Tips

1. An abstract is not just a copy of your introduction.
2. An abstract is a summary of your paper or thesis.
3. The abstract is the first thing a reader reads; as such, it gives an indication of the quality of your writing.
4. The abstract needs to provide a brief but comprehensive summary of the contents of your paper. It provides an overview of the paper and helps readers decide whether to read the full text. Limit your abstract to 250 words.
5. Abstracts that are too long must be rewritten.
6. A quick way to create an abstract is to take the topic sentence from each paragraph, link them together and then edit the final result to make sure it flows. If your paragraphs have been organized logically, the abstract should also flow logically.
7. The abstract is written in the past tense and uses third person.

Abstract Content

The abstract addresses the following (usually 1–2 sentences per topic):

- key aspects of the literature review
- problem under investigation or research question(s)
- clearly stated hypothesis or hypotheses
- methods used (including brief descriptions of the study design, sample, and sample size)
- study results
- implications (i.e., why this study is important, applications of the results or findings)

Abstract Format

- recommended fonts: 11-point Calibri, 11-point Arial, 10-point Lucida Sans Unicode, 12-point Times New Roman, 11-point Georgia, or 10-point Computer Modern
- 1-in. margins on all sides
- placement: second page of the paper
- section label: “Abstract”
 - centered and in bold
 - written on the first line of the page
- text:
 - one line below the section label
 - not indented and written as a single paragraph
 - double-spaced

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Reference: American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). <https://doi.org/10.1037/0000165-000>

