



APA Style Research Thesis/Project Format for BS Nursing Students

(APA 7th Edition)

A **BS Nursing research thesis/project** should follow a structured pattern, ensuring clarity and adherence to **APA 7th edition** guidelines.

Research Thesis/Project Format

1. Cover Page

- Institution Name & Logo (e.g., SINAHS)
- Research Title (**Concise & Specific**)
- Student's Name & ID
- Supervisor's Name
- Department & Institution
- Submission Date

☐ Formatting:

- **Font:** Times New Roman, 12 pt
- **Alignment:** Centered
- **Spacing:** Double-spaced line spacing 2.0

2. Declaration Page (*Optional, as per institution requirements*)

- **Signed statement** by the student declaring the originality of the work.

3. Certificate of Approval (*Optional, as per institution requirements*)

- Signed by the **Supervisor/Head of Department**, approving the research.

4. Acknowledgment (*1 page max*)

- Express gratitude to **supervisors, faculty, family, or colleagues**.

Note: This document is confidential and cannot be shared to other party, Only use for SINAHS students.

Prepared By: Abdul Salam Kakar (Meerzai) Managing Director / Academic Director



✦ 5. Abstract (150–250 words)

- **Introduction:** Brief background of the study.
- **Objective(s):** What the study aims to achieve.
- **Methodology:** Research design, population, and sampling method.
- **Results:** Key findings (without detailed explanation).
- **Conclusion:** Summary of findings and implications for nursing.
- **Keywords (3-5 words)** after the abstract.

✦ 6. Table of Contents

- Include all **headings & subheadings** with page numbers.

✦ 7. List of Tables & Figures (if applicable)

- List all tables/figures used in the thesis with page numbers.

📖 Main Body

✦ 8. Chapter 1: Introduction

- **Background of the Study** (*Why is this topic important?*)
- **Statement of the Problem** (*Clear problem statement & gap identification*)
- **Research Objectives** (*What the study will accomplish – 3-5 points*)
- **Research Questions/Hypothesis** (*For quantitative studies, include a hypothesis*)
- **Significance of the Study** (*Who benefits from this research?*)
- **Operational Definitions of Terms** (*Define key terms used in the study*)

✦ 9. Chapter 2: Literature Review

- Review **existing research** related to your topic.
- Organize **thematic sections** instead of listing studies randomly.
- **Cite sources properly using APA in-text citations** (*Author, Year*).
- Highlight **research gaps** to justify your study.

✦ 10. Chapter 3: Methodology

- **Research Design:** Qualitative, Quantitative, or Mixed Methods.



- **Population & Sampling:** Target population & sample size.
- **Data Collection Methods:** Interviews, Surveys, Clinical Data, etc.
- **Data Analysis Techniques:**
 - **Descriptive Statistics:** Mean, standard deviation, percentages, etc.
 - **Inferential Statistics:** T-tests, Chi-square, ANOVA, Correlation, Regression.
- **Ethical Considerations:** Patient consent, confidentiality, and ethical approval.
 - ☐ **Use past tense** for completed research (e.g., "Data were collected using...").

✦ 11. Chapter 4: Results & Findings

- **Descriptive Statistics:** Tables, graphs, percentages, mean, standard deviation.
- **Inferential Statistics:** T-test, ANOVA, correlation, etc.
- **Data Interpretation:** Relate findings to research objectives.

☐ Example (APA Format)

- "The T-test showed a significant difference in infection rates before and after intervention, $t(48) = 2.56, p < .05$."

✦ 12. Chapter 5: Discussion & Conclusion

- **Interpret results** in relation to research questions.
- Compare findings with **previous literature**.
- Discuss **limitations** of your study.
- Provide **recommendations** for future research.
- **Conclusion** summarizing the key findings.

📖 End Sections

✦ 13. References (APA 7th Edition)

- List all cited sources in **alphabetical order**.
- Use **hanging indent (0.5 inches)** for each reference.

☐ Example (Journal Article):



Smith, J. A., & Brown, K. L. (2022). The impact of nursing interventions on patient outcomes. *Journal of Nursing Research*, 45(3), 112-125. <https://doi.org/xxxx>

❑ **Example (Book):**

Potter, P. A., & Perry, A. G. (2021). *Fundamentals of Nursing* (10th ed.). Elsevier.

✦ 14. Appendices (*If applicable*)

- Questionnaires, consent forms, or raw data.

✦ **Formatting Guidelines (APA 7th Edition)**

- ❑ **Font:** Times New Roman, 12 pt
- ❑ **Spacing:** Double-spaced throughout: it mean's line spacing 2.0
- ❑ **Margins:** 1-inch on all sides
- ❑ **Page Numbers:** Top-right corner
- ❑ **Headings:**
 - Level 1: **Centered, Bold, Title Case**
 - Level 2: **Left-Aligned, Bold, Title Case**
 - Level 3: **Indented, Bold, Sentence case, Period.**