



## Methods Section for a Research Paper

### Example

#### Study Design

This study used a quantitative research approach to assess the impact of daily meditation on stress levels in college students over eight weeks. A randomized controlled trial (RCT) design was chosen to ensure reliable results.

#### Participants

The study included 60 undergraduate students (30 males, 30 females) aged 18–22 from XYZ University. Participants were randomly assigned to either the meditation group ( $n = 30$ ) or the control group ( $n = 30$ ). Inclusion criteria required that students had no prior experience with meditation. All participants provided informed consent.

#### Materials

- Meditation App: Headspace<sup>©</sup> was used for guided meditation sessions, with each session lasting 10 minutes.



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- Stress Measurement Tool: The Perceived Stress Scale (PSS-10) was administered before and after the eight-week program to assess stress levels.

## Procedure

Participants in the meditation group were instructed to use the app daily for 10 minutes. The control group received no intervention. Stress levels were measured at the start and end of the study using the PSS-10 questionnaire.

## Data Analysis

Stress scores were compared between groups using a paired t-test. A significance level of  $p < 0.05$  was used to determine if daily meditation had a significant impact on stress reduction.

## Ethical Considerations

The study was approved by the XYZ University Ethics Committee. Participants were informed of their right to withdraw at any time.