

Appendix C: Sample Research Articles

The following sample research articles are fictional and used for illustrative purposes only. They include a case study, correlational study, longitudinal study, experimental study, and clinical trials study that were defined in the “Understanding the Scientific Model” chapter.

Sample Case Study

Journal of Collaborative Autism Research (2017), 1(2), 222-223.

Journal of Collaborative Autism Research ← *name of journal*
(2017) ← *year of publication* *1(2)* ← *volume* *222-223.* ← *issue* *page numbers of article*

Sleep Patterns in a Child With Autism ← *title of article*

Jane Doe ← *name of author*

Academic University, Anytown, USA ← *university or organization*

Abstract

This study reports on the sleep patterns of a boy with autism over the course of his fifth year of life. A one-year diary revealed seasonal changes in sleep patterns. The results are discussed in terms of their application to future research.

Introduction

previous research cited

Parents often report sleep problems in children with autism (Callahan, 2016; Rogers & Brown, 2016). Moreover, research reveals that problems in sleep may be affected by seasonal changes (Robins, Williams, Jones, & Miller, 2015). However, to date there have been no studies investigating the relationship between seasonal changes and sleep patterns in children with autism. [Therefore, the purpose of the present study was to examine whether the sleep patterns of a child with autism were affected by seasonal changes.]

previous research cited

Often a research question will be expressed in the form of a statement on the purpose of the study.

Method

The subject was a male with autism. His mother kept a diary of his sleep habits over the course of his fifth year of life, beginning on his fourth birthday and ending on his fifth birthday. Based on daily entries made in the diary, a trained researcher noted days indicating sleep problems (such as restlessness or wakefulness).

Results

A total score was calculated for incidents of sleep problems. *[For each month, a score for sleep problems was determined by calculating the number of days in each month when these problems were recorded and summing the number across the three months for each season.]*

Case studies often report only descriptive results with no statistical data.

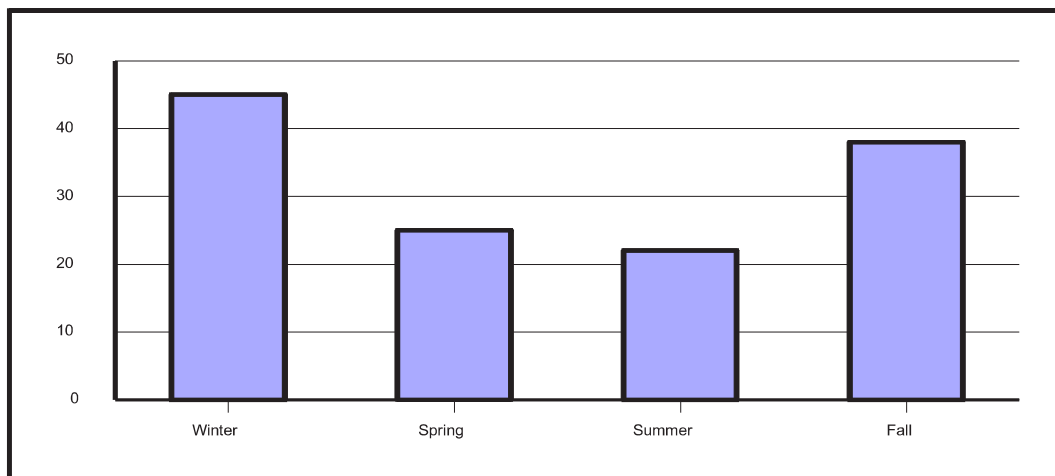
The sleep problem scores for each of the three month seasons are presented in Table 1.

Table 1. Seasonal Sleep Problem Scores

	Winter	Spring	Summer	Fall
Mean Score:	45	25	22	38

As shown in both Table 1 and Figure 1, sleep problems increased in the fall and winter and decreased in the spring and summer.

Figure 1. Seasonal pattern of sleep.



Discussion

Author's interpretation of the findings of the study.

This study reported on a seasonal pattern of sleep problems in a boy with autism during his fifth year of life. Specifically, the study found that disturbances in sleep problems occurred at higher frequencies in the winter and spring, and diminished during the summer and fall. *[It may be that seasonal changes in light cause these disturbances. In this study, sleep problems occurred during the seasons when the days are shortest and there is the least daylight in the northern hemisphere.]* In support of this assumption, previous research has found an increase in disturbances in behavior in children with developmental disabilities during the winter and fall (Marks, Cohen, & Winthrop, 2017; Price, 2015). *[Thus, future research is needed to determine if this seasonal pattern in sleep disturbance is found in other children with autism.]*

previous research cited

Author suggests direction for future research.