DISCUSSION

OUTLINE sample

Summary
- Research question: Does the REFOCUS treatment work?
- Study: treatment group and placebo group with self-reported depression measured afterwards
- Findings: Depression was lower after the REFOCUS treatment compared to placebo

Interpretation
- Explanation 1: REFOCUS treatment reduced depression
- Explanation 2: placebo treatment increased depression
- However, explanation 2 is unlikely because the same placebo was used in studies A,B,C and there it didn't increase depression

Integration
- Previous research focused on the question how unprocessed traumas could cause depression
- We are the <u>first</u> who tested the "focus" explanation of depression

Implications
- It is widely believed that depression is caused by unprocessed traumas
- Our findings offer a novel perspective: depression is caused by information processing style
- Hence, new approach, new line of research to understand depression, new types of treatment

Limitations
- We had no measure of depression prior to the treatment
    - Reason: asking people to score their depression twice can lead to problems (references)
    - Consequence: we don't know whether depression decreased in treatment group (explanation 1) or increased in placebo group (explanation 2)
    - However, as mentioned before, it is unlikely that depression increased
- Sample size was relatively low
    - Reason: it's hard to find enough people with a major depression
    - However, our results were significant despite the low sample size. This speaks to the effectiveness of the treatment

Summary and conclusion
- We investigated whether depression can be treated by training a positive focus
- Our findings confirm this
- Novel perspective on depression
- More research needed, more treatments that follow this approach should be developed

WRITING template

First paragraph

Goal: summarize your article up to this point
- In the present article, we investigated whether…
- Our study addressed the question whether…
- The goal of the present article was to…
- Drawing on recent advances in X, the present article aimed to…
- In line with hypothesis A, our results showed that…

Next paragraph(s)

Goal: interpret your results and compare them with existing research (what is new?)
- There are three possible explanations for these results…
- One possible explanation is that…
- Another possible explanation is that…
- Our findings are in conflict with the long-held belief that…
- Contrary to the findings by Devin et al. (2003), our findings indicated that…
- Our findings converge with previous findings (references). In addition, they show for the first time that…

Implications

Goal: Show the broader value of your findings
- Our findings offer a novel perspective on…
- Our findings resolve the conflict between… Specifically, our results suggest that…
- Taken together, our findings and the findings of previous studies point towards…
- X has been of primary interest for decades. Our findings advance our understanding of X by…

Limitations

Goal 1: State limitations of your study. Think of confounds, unreliable measurements, unrepresentative samples, biases from participants dropping out, etc.
- Our study has two main limitations. First,…
- The most important limitation is that…
- Another limitation is that…

Goal 2: If possible, qualify the limitations.
- Although these alternative explanations of our results cannot be ruled out entirely, there are two patterns in the data that point towards our primary explanation. First,…
- Although these alternative explanations cannot be ruled out by our study, it is important to interpret our results together with the findings from previous research. Specifically, while our findings allow for the alternative explanation that X, they do not fit to the results by Devin et al. (2003). Taking this into account, the most plausible explanation of our findings is that…
- Although the number of participants who dropped out was considerable, we observed no difference in age, education level, or severity of depression between participants

who completed our study and participants who dropped out. Hence, there were no visible signs of a bias.

Summary & conclusion

Goal: Summarize what we learned from your research and outline the next steps.
- In the present article, we investigated…
- The results of two studies suggested that…
- Taken together, this offers a novel perspective on…
- Future research may extend this work by…