

## An example of a Discussion / Conclusion section of a Research Report

### Content

### Language

#### Cognitive-behavioral stress management (CBSM) skills and quality of life in stress-related disorders.

##### Discussion

What was found in previous research?

Prior work has documented the effectiveness of psychosocial intervention in improving quality of life (QoL) and reducing stress in patients suffering from various disorders; Epstein, for example, reports

that orthopedic patients participating in a two-week multimedia intervention program improved across

What was the gap or weakness in previous studies?

several QoL indices, including interpersonal conflict and mental health. However, these studies have either been short term studies or have not focused on patients whose disorder was stress-related. In

What methodology was used in this study?

this study we tested the extent to which an extended three-month stress management program improved QoL among a group of patients being treated for stress-related skin disorders such as eczema.

Past tense to refer to findings in this work.

What were the results?

We found that in virtually all cases, participation in our three-month stress-management program was associated with substantial increases in the skills needed to improve QoL. These findings extend those

Language to demonstrate academic caution.

How does the present work fit into the research 'map' of this field?

of Kaliom, confirming that a longer more intensive stress-management training tends to produce more

effective skills than when those skills are input over a shorter period via information transfer media such as leaflets and presentations (Kaliom et al., 2003). In addition, the improvements noted in our study were unrelated to age, gender or ethnic background. This study therefore indicates that the benefits gained from stress-management intervention may address QoL needs across a wide range of patients. Most notably, this is the first study to our knowledge to investigate the effectiveness of extended psychosocial intervention in patients whose disorder is itself thought to be stress-related. Our results provide compelling evidence for long term involvement with such patients and suggest that this approach appears to be effective in counteracting stress that may exacerbate the disorder. However, some limitations are worth noting. Although our hypotheses were supported statistically, the sample was not reassessed once the program was over. Future work should therefore include follow-up work designed to evaluate whether the skills are retained in the long term and also whether they continue to be used to improve QoL.

What has the present work achieved and what are its implications?

Modal verbs to be academically cautious when interpreting results.

What are the limitations to direct future research?

Present tense to discuss the relevance and implications of my work.

**Source:** Glasman-Deal, H. (2010). *Science Research Writing for Non-Native Speakers of English*.