A “not very good” Literature Review Example

This example is designed to show you many of the mistakes that are commonly made on this assignment. Read the callout boxes for comments on some of these errors and be sure to read the “better” version of the same write-up that follows.

Please note: In order to approximate the usual number of lines on a page while using a readable font, the example uses 1.5 spacing -- you should always use double (2.0) spacing on this and all APA writing assignments in this class.

There should be a running head (a short title) and page number in the header on every page. On the first page, it should also say “Running head:” but every page thereafter should have only the short title.

Running head: BODY IMAGES OF THERAPISTS DANCERS

Only the “Running” in “Running head” should be capitalized and should be followed by a colon. The running head itself should be in all capitals. So it should look like…

Body Images of Therapists and Dancers: A Literature Review

All the words in the title should start with capital letters (except for of, and, etc.). Use “and” not “&” in the title. Also, use a colon, not a hyphen, in a complex title. So, the this title should look like…

Also, this isn’t a very descriptive title. The dancers were judging their own body images while the therapists were looking at the body images of clients

The author’s name should be double-spaced below the title. The affiliation should be double spaced below the author’s name and should not be abbreviated.

Top, bottom, and side margins for all pages should be at least 1 inch and should all be the same.
Abstract of the Review

Two articles related to body image perceptions were reviewed and a proposal for additional research was made.

Additional Hints for Better Writing (and Higher Scores):

- **Beware plagiarism!** Put things in your own words and cite whoever you read that gave you the idea!
- Opening sentences and transitional sentences are very important for leading the reader through your presentation -- often these can be about the "real world" to help the reader follow what you are talking about.
- Roughly 15% of your grade for this (and future) assignments can be earned or lost simply on the basis of APA formatting and style -- **review the handouts carefully when writing**
- **Proofread** your paper or have someone else do it! Typos, misspellings, incomplete or run-on sentences, and awkward sentence construction can cost you valuable points.
- **Give your writing a "cold read."** Ever read a paper after you've gotten it back and been appalled at the things you said that just didn't make sense? Errors you can't believe you made? Other things you should have said, but didn't? Getting your writing done a day or two early and then looking at it again the night before it is due (a "cold read") will often help with these problems. Also you will likely do a better job proofreading you paper if you do this.
I wanted to review a couple of articles about body image as a basis for proposing some research on the topic.

**Fletcher & Diekoff**

An article by Chris Fletcher and George M. Diekoff from Midwestern State University titled "Body-type Stereotyping in Therapeutic Judgments" describes a study done to see if people rated ectomorphs and endomorphs lower than mesomorphs. Specifically, they wanted to know if clinical judgments are affected by body-type stereotyping.

Graduate students and professional therapists were the participants. Each participant rated line drawings of each of the three body types. The rating scales were 21 5-point scales to assess clinically relevant personal characteristics. The statistical analysis revealed that both groups rated mesomorphs the highest on most of the 21 scales. The authors related their findings to prior research.

**Pierce & Daleng**

The second study I read by Pierce and Daleng (1998) looked at body image distortion in elite female dancers. They thought that dancers would probably have very distorted body images, eating disorders, and exercise dependence. Ten female ballet dancers were shown a nine-figure silhouette scale. They indicated which figure was most like their current body image, and which figure was most like their ideal body.
Running head: BODY IMAGES OF THERAPISTS DANCERS

body image. All of the dancers thought they were too fat.

Integration
Both articles were about body image. The first used therapist’s ratings of men, the second used female dancers’ ratings of themselves. Both found the same evidence of body image effects.

Research Proposal
This raises an interesting question. Would male dancers also prefer to be thinner?

I propose a study to answer this question. Male ballet dancers will rate their current and ideal body images on the male version of the silhouette scale used in Pierce and Daleng (1998). I hypothesize that there will be a significant mean difference between the current and ideal body images in the population represented by the sample, such that participants will rate their ideal body images as thinner than their current body image.

References
A "Much Improved Version" of the Literature Review and Proposal

The following is an example of a "review, integration & proposal" based on the same two articles. This version contains all or almost all of the requested information, and consists of a much more appropriate writing style. Read the boxes, and compare the text to the other version to see the differences and improvements!

Running head: SELF AND OTHER BODY IMAGE PERCEPTIONS 1

Self and Other Body Image Perceptions:
A Review and Proposal
Pat R. Student
University of Nebraska - Lincoln

More descriptive running head and title. Correct formatting.

The abstract hints at the results of the integration and mentions the topic of the proposal.

SELF AND OTHER BODY IMAGE PERCEPTIONS 2

Abstract

Differences in ideal body image for males and females might account for the differences between body image perceptions of these groups. In addition, perceptions of body image may influence judgments about other’s personal characteristics. A study is proposed to explore when our biases about body image develop.
Body Image Judgments by Therapists

While the "ideal" body type, at least among female dancers, is very slender, some studies suggest that the "ideal" body type for males may be a more muscular one. For example, one study (Fletcher & Diekoff, 1998) predicted that therapists' judgments of clients would be affected by the client's body type. Line drawings of three male body types -- endomorphs, mesomorphs, and ectomorphs -- were shown to twenty-three professional therapists and thirty-five clinical psychology graduate students. Each participant was given one of each type of line drawing, and asked to rate each on 21 personal characteristics. Results of the factorial analyses of variance showed that mesomorphs (the muscular or athletic body type) were rated more favorably than the other two types on the majority of the personal characteristics. The authors concluded that, consistent with other studies, judgments by clinicians (and clinicians in training) can be affected by a client's body type. Clinicians may view male clients who are muscular as more mentally healthy than male clients who are notably thin or notably overweight.

The Developing Influence of Body Image

These two studies of body image of men and women share a
theme: adults may let their own body image, and images of others’ bodies, influence their decisions. Fletcher and Diekoff (1998) found that clinical judgments may be affected by the male client’s body image while Pierce and Daleng (1998) suggested that female ballet dancers have distorted body images.

A developmental researcher might then ask when these biases about body image that are shown by adults develop and become ingrained. Specifically, a future study could assess body image using the current/ideal body image method described above (Pierce & Daleng, 1998) in adolescents and younger children. A sample of 200 participants, with 50 from each of four grade levels (sixth through ninth) would allow an adequate comparison across groups, as well as across genders. There would be two main hypotheses. First, grade level will be positively correlated with amount of body image distortion, such that adolescents would have more distorted body images than the younger children in the sample. Second, females will have a significantly higher level of body image distortion than males in this age range.

References