

About this sample abstract: The following abstract accompanies an empirical research paper published in the *International Quarterly of Community Health Education*:

Pasewaldt, S. E., Baller, S. L., Blackstone, S. R., & Bryan Malenke, L (2019). Impact of a hand hygiene curriculum and group handwashing station at two primary schools in East Africa. *International Quarterly of Community Health Education* 39(3), 175-187. <https://doi.org/10.1177/0272684X18819968>

JMU alumna Stephanie Pasewaldt (class of 2018) conducted the research described in this article abstract as part of her [Honors capstone project](#) in Health Sciences. After graduating, she revised and published her manuscript with the assistance of her project advisor and readers, whom she listed as co-authors. At 145 words, this abstract is at the upper end of the journal's 150-word limit for abstracts. An abstract overview with writing strategies and other resources for writing empirical research papers are available at [this link](#).

Abstract

Proper handwashing reduces the transmission of deadly, preventable diseases. Schools, even those with limited resources, have the power to promote handwashing through simple, effective interventions. This study evaluated the impact of a school-based handwashing program consisting of two interventions: a hand-hygiene curriculum and group handwashing station. Quantitative and open-ended pre/postintervention surveys were administered to students at one primary school in Kenya ($n = 38$) and at one primary school in Uganda ($n = 57$). Matching procedures were followed at each school. Paired *t*tests for pre/postsurveys demonstrated an increase in students' knowledge ($p < .001$) and frequency of handwashing ($p < .001$). After 6 months, students were still engaging in daily group handwashing. The curriculum increased knowledge, and the handwashing station enabled students to translate their knowledge into action. This

Here, the writers establish why handwashing is an important topic, as well it's practicality as an intervention.

This sentence focuses on the study's methods. It describes the participants, sample sizes, and locations, as well as the instruments used to assess the efficacy of the interventions.

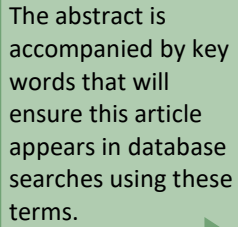
The writers spend 3 sentences describing the findings of the study. These sentences show what variables were used to assess the success of the intervention: knowledge about and frequency of handwashing.

This sentence establishes the purpose of the study and describes the research design/ approach.

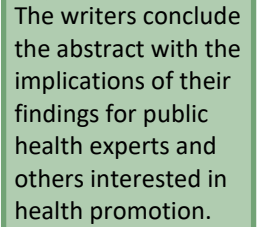
Here, the writers assure readers of the validity of their methods/findings by emphasizing that the same procedures were followed at both research sites.

study supports educational interventions combined with built environmental interventions should be used to promote handwashing behaviors and emphasizes the role of group handwashing stations.

Keywords: health promotion, intervention, handwashing, global health, school-based health, built environment



The abstract is accompanied by key words that will ensure this article appears in database searches using these terms.



The writers conclude the abstract with the implications of their findings for public health experts and others interested in health promotion.

Notice how this abstract—like the research paper that it summarizes—employs an hourglass structure. It begins with big picture context, narrows to the specific methods and findings of the study, and widens again to broader implications for the field.