Title

A [Thesis] [Scholarly Inquiry Paper]

Submitted to the Faculty

of the Department of Leadership Education

College of Education

of Winona State University

by

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In Partial Fulfillment of the Requirements

for the Degree of

Master of Science

Note: Date of your Thesis approved by your Thesis Advisor

Date

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# Abstract

The abstract goes here ***if*** required. It is generally not required for papers of less than ten pages. It should be less than 250 words and written as a single paragraph. This document is meant to be used as a template, page breaks, proper formatting, headings, etc. are all properly included at this time. However, it is easy to modify these settings. It is still the student’s responsibility to ensure the paper’s final formatting aligns with WSU standards. Sample tables and figures have not been included due to the wide variance in formatting options.

*Keywords:* writing assistance, Winona State University, formatting professional literature

# How to Format your Thesis (title of paper is reprised here)

A majority of Americans experience stress in their daily lives (American Psychological Association, 2017). Thus, an important goal of psychological research is to evaluate techniques that promote stress reduction and relaxation. Two techniques that have been associated with reduced stress and increased relaxation in psychotherapy contexts are guided imagery and progressive muscle relaxation (McGuigan & Lehrer, 2007).

## Problem Statement

Avoid having only one subsection heading within a section, just like in an outline. Use at least two subsection headings within a section or use no subsection headings at all (e.g., in an outline, a section numbered with a Roman numeral would be divided into either a minimum of A and B subsections or no subsections; an A subsection would not stand alone).

## Background of the Problem

Guided imagery exercises improve treatment outcomes and prognosis in group psychotherapy contexts (Skovholt & Thoen, 1987).

## Research Questions

Progressive muscle relaxation involves diaphragmatic or deep breathing and the tensing and releasing of muscles in the body (Jacobson, 1938). Edmund Jacobson developed progressive muscle relaxation in 1929 (as cited in Peterson et al., 2011) and directed participants to practice progressive muscle relaxation several times a week for a year. After examining progressive muscle relaxation as an intervention for stress or anxiety, Joseph Wolpe (1960; as cited in Peterson et al., 2011) theorized that relaxation was a promising treatment. In 1973, Bernstein and Borkovec created a manual for helping professionals to teach their clients progressive muscle relaxation, thereby bringing progressive muscle relaxation into the fold of interventions used in cognitive behavior therapy. In its current state, progressive muscle relaxation is often paired with relaxation training and described within a relaxation framework (see Freebird Meditations, 2012, for more).

## Limitations/Delimitations

Research on the use of progressive muscle relaxation for stress reduction has demonstrated the efficacy of the method (McGuigan & Lehrer, 2007). Limited, but compelling, research has examined progressive muscle relaxation within group psychotherapy. Progressive muscle relaxation has been used in outpatient and inpatient hospital settings to reduce stress and physical symptoms (Peterson et al., 2011).

## Definition of Terms

Yu (2004) examined the effects of multimodal progressive muscle relaxation on psychological distress in 121 elderly patients with heart failure. Participants were randomized into experimental and control groups.

## Summary

Each chapter should end with a brief summary of what comes next.

# Review of the Literature

Research on the use of guided imagery and progressive muscle relaxation to achieve stress reduction and relaxation is compelling but has significant limitations. Psychotherapy groups that implement guided imagery and progressive muscle relaxation are typically homogeneous, time limited, and brief (Yalom & Leszcz, 2005). Relaxation training in group psychotherapy typically includes only one or two group meetings focused on these techniques (Yalom & Leszcz, 2005); thereafter, participants are usually expected to practice the techniques by themselves (see Menzies et al., 2014). Future research should address how these relaxation techniques can assist people in diverse groups and how the impact of relaxation techniques may be amplified if treatments are delivered in the group setting over time.

## Historical Overview of the Problem

Comprehending the potential application of instructional technology will occur while using technology in their classrooms (Krauskopf, Foulger & Williams, 2017). Current research concerning the effects of instructional technology on the learning process is outcome-based, and the focus is on the augmentation and amplification perspectives (Domingo & Gargante, 2016).

### Origin of the Problem (Sample Level 3 Heading)

Engaging students using technology involves teachers’ positive attitude, which will help students’ learning. Mishra and Koehler (2006) noted developing content-specific strategies to enhance the link between technology and content would help to build successful instructional practices and eventually support teachers’ professional development programs. Teachers make many decisions in the classroom as the gatekeepers, who need a tremendous amount of support from their administration, by in-depth planned training (Wagner & Kagen, 2006).

### The Last Ten Years of the Problem (Sample Level 3 Heading)

There are additional considerations when interpreting the results of previous studies and planning for future studies of these techniques. For example, a lack of control groups and small sample sizes have contributed to low statistical power and limited the generalizability of findings. Although the current data support the efficacy of psychotherapy groups that integrate guided imagery and progressive muscle relaxation, further research with control groups and larger samples would bolster confidence in the efficacy of these interventions. In order to recruit larger samples and to study participants over time, researchers will need to overcome challenges of participant selection and attrition.

## Theoretical Framework or Understanding of the Methodology

This section should provide an overview of the common methods and research techniques that have been used in the area previously. The student should articulate the advantages and disadvantages of each and why the researcher is choosing a particular methodology. This section should include at least two to three resources to support their decisions.

## Summary

Although the current data support the efficacy of psychotherapy groups that integrate guided imagery and progressive muscle relaxation, further research with control groups and larger samples would bolster confidence in the efficacy of these interventions. In order to recruit larger samples and to study participants over time, researchers will need to overcome challenges of participant selection and attrition.

# Research Methodology

The introductory paragraph or paragraphs go here. Then the rest of the chapter. Although the current data support the efficacy of psychotherapy groups that integrate guided imagery and progressive muscle relaxation, further research with control groups and larger samples would bolster confidence in the efficacy of these interventions. In order to recruit larger samples and to study participants over time, researchers will need to overcome challenges of participant selection and attrition.

## Research Design

State the research design and include the rationale for it. More text goes here. Originally raised in Catholic Ireland from Irish independent companies, the 18th (Royal Irish) Regiment of Foot, then Forbes Regiment of Foot, faced its first major religious test in 1688 at Colnbrook. When local civil unrest was blamed on roaming Irish Catholics including the men of the Royal Irish. The locals congregated into a mob and Major Sir John Edgeworth convinced the mob that his men were good Church of England members by sending for a Church of England cleric to read prayers.

## Sample

Identify the population and/or sample for your study.

### Sample Size (Sample Level 3 Heading – may not be necessary)

Identify the population and/or sample for your study (sample size, sampling criteria, sampling method).

### Sampling Criteria (Sample Level 3 Heading – may not be necessary)

Identify the population and/or sample for your study (sample size, sampling criteria, sampling method).

## Setting

Discuss selection of the setting and the setting characteristics. This section may be combined with the sample section.

Instruments
Describe instruments (survey, questionnaire, etc..) used for data collection. If instruments require permission for use, include such permission (e.g., letter, e-mail, form) in an appendix

Data Collection ProcedureDescribe your data collection plan and how you will keep the data confidential and secure.

Data AnalysisDescribe your plan to analyze the data.

Summary
One paragraph that summarizes the study’s methods.

# Results

IntroductionProvide a short introduction that provides the reader with the organization of the chapter.

Description of SampleDescribe the sample including those characteristics that are important for the study.

Data AnalysisFor each research question, describe how the data will be analyzed, followed by the results for each question. Tables and figures can be used to display the findings. A discussion of the results is NOT included in this chapter, rather is presented in CHAPTER V. This chapter discusses the objective data results related to your question(s).

SummaryOne paragraph that summarizes the results.

# Discussion and Conclusions

 Include the purpose of the study and provide the reader with the organization of the chapter

## Discussion and Conclusions

State the research questions. Findings need to be summarized, discussed, and related back to the literature and theorical framework. Were your findings the same or different from other studies? Why or why not? Form some conclusions. This is the place to speculate on what your findings mean. Remember to continually relate all back to your question(s).

## Leadership Implications

Discuss how your conclusions will impact your leadership.

## Recommendations for Future Research

Discuss what might be important for future research studies.

## Summary

A few sentences that capture the study and its findings.

# References

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Baider, L., Uziely, B., & Kaplan De-Nour, A. (1994). Progressive muscle relaxation and guided imagery in cancer patients. *General Hospital Psychiatry*, *16*(5), 340–347. [https://doi.org/10.1016/0163-8343(94)90021-3](https://doi.org/10.1016/0163-8343%2894%2990021-3)

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Scherwitz, L. W., McHenry, P., & Herrero, R. (2005). Interactive guided imagery therapy with medical patients: Predictors of health outcomes. *The Journal of Alternative and Complementary Medicine*, *11*(1), 69–83. <https://doi.org/10.1089/acm.2005.11.69>

# Appendix A

If you have appendices, they go after the References section. They are identified by letter. Just like a table or figure, they should be referenced in the text as in the example (See Appendix A). If the research was based upon a survey, the survey questions would normally be placed in Appendix A.