



## **Excellence in Research and Interpretive Studies Annual Competition**

*“As part of its dedication to excellence in massage therapy education and to further the studying and development of high caliber interpretive research by students, the CCMTS is pleased to announce the ninth annual award competition.”*

### **“Research & Interpretive Studies Scholarship”**

**The Award: This award recognizes the student’s ability to engage in (Case Study), or interpret existing research (Literature Review). It does not require specific research activity by the student.**

In establishing this award, the CCMTS encourages its member schools and students to engage in the practice of research and interpretive studies and to experience the benefits of critical evaluation, as it relates to the profession of massage therapy.

The research study should be directly related to the human scope of practice in your regulatory province. However, if you would like to ensure that the topic is appropriate or feel it meets the scope of practice for other provinces in Canada you may send your proposal to [infocmts@gmail.com](mailto:infocmts@gmail.com) for fair evaluation of applicability before beginning your study.

The winning paper will be recognized and published on the CCMTS website. In addition, the student will receive a [\\$1,000](#) honorarium and a commemorative plaque. Second place receives a [\\$500.00](#) honorarium. Third place receives a [\\$300.00](#) honorarium.

**Eligibility Period:**

- The student must have carried out the research during the following time period:  
**July 1 of the previous year, to July 15 of the competition submission year**

**Submission Deadline:**

- Entries must be submitted no later than **July 31**

**Competition Poster Enclosed:**

Please prominently display the poster. 8 ½ x 11 colour copies may be downloaded from [www.ccmts.ca](http://www.ccmts.ca)

## GENERAL EVALUATION CRITERIA

- **Plagiarism**, which can simply be defined as passing off someone else's work as your own, would result in immediate disqualification from the competition.
  - A number of techniques are used by the reviewers to check for this.
  - If information is included in the paper and not cited, it is considered plagiarism.
- **APA style must be followed.**
  - This is important for the paper to be published.
  - See the representative papers above for examples of the style.
  - In APA style, quoted passages are rarely used.
  - Apply the content to your topic using your own words and cite the source.
- **Innovation of research content**
- **Format, Spelling, Grammar and overall presentation**

## SUBMISSION GUIDELINES

- Entries must be submitted by the school on the student's behalf accompanied with a completed CCMTS Research and Interpretive Studies "Submission Form" downloadable on the CCMTS website
- The submission form includes a statement of consent from the student(s) submitting the work to permit the paper's publication on the CCMTS website
- A school may submit more than one entry
- Research papers may be done by one student or a group of students
- The research paper must have a direct relationship to the practice of massage therapy on humans

- Use of proper grammar and spelling will form part of the criteria
- **Papers exhibiting plagiarism will be automatically disqualified**

### General Information

- APA, AMA or NLM Style
- Use of a 12 point font
- Double space throughout the entire paper
- It must be in the range of **5-15 pages** (excluding references and appendices); no longer!
- One inch margins on the left, right, top, and bottom of the page.
- Electronic copy to be submitted as a Word document
- Use the following publications as guidelines for APA style. These PDF files can be download for free.
  - Case Study sample paper  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5017818/>
  - Literature Review sample paper  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5467308/>

Between July 1 of the previous year, and July 15<sup>th</sup> of the year of submission **Clinical Research (Case Study)**

### Validity

Is your research sound? Choice of treatment protocol and assessments are essential for accepting or rejecting your hypothesis.

### Title

Must be descriptive enough to let the reader know what your paper is about.

All of the following **bolded** headings are part of a standard clinical research paper such as a case study. Many (but not necessarily all) bulleted points may apply to your paper. Scoring of research papers is based on the completeness of each section.

### Abstract

- brief summary: usually 200 words or less
  - purpose or objective of the study
  - brief background, context of study
  - simple description of research design and methodology
  - results
  - conclusion
- factual, no opinions but should still give the essence of the study

### Introduction

- if this is a **case study** then there should be a hypothesis
  - a testable statement taking into account the treatment and expected outcome
- Statement of purpose - “**why** should the reader care?”
  - How does this paper will fit in to the bigger picture?
- **literature review** or summary of past, relevant research findings
  - gaps in the literature can be revealed to support the study rationale
- **reference citations** are used whenever information is obtained or cited from other sources (either at end of a sentence, or after multiple sentences borrowing information from the same source)
  - you may number the citations (1); the Reference section will list the references in the order cited
  - or use first author’s last name (Jones 1999); the Reference section will list the references in alphabetical order
- logical flow of information is very important
- **REMEMBER! In your own words; no quotations! Cite sources!**

## Methods

- should be detailed enough to allow others to replicate the study
- may include some or all of the following:
  - subject selection criteria
    - General information: age, gender, etc.
    - inclusion criteria
    - exclusion criteria
    - sample size
  - independent variable manipulated
    - e.g. the essential aromatherapy oil used
  - dependent variable measured
    - e.g. the measure of relaxation such as reduced blood pressure
    - it is dependent upon the independent variable
  - attempts at control
    - e.g. relaxation massage instead of treatment with essential oils
  - how long the study ran / dosage of treatment i.e. 1 hour twice per week for 4 weeks
  - details of the treatment protocol
  - this should provide enough information for others to replicate the procedure
  - pre- and post-assessments
  - information collected from the assessments may be statistically analyzed
  - qualifications of therapists and assessors
  - describe the data collection instruments
  - equipment and instruments
  - pain inventories, muscle testing, questionnaires, physical assessments

## Results

- a written description of the **trends** in the data is required
- presentation of data in the form of tables, graphs, figures
- follow proper format (see sample papers)
- data should be presented only once
- i.e. same data should not be presented in both table and graph (figure) format
- however, different data can be presented in the form that best suits it (so tables and graphs can appear in one paper)
- tables and figures must be referred to in the written text  
i.e. "See Table 1", or cited at end of sentence such as (Figure 1).
- **no interpretation of the data in the results, no opinion, just data**

## Discussion

- starts with a statement referring to whether the hypothesis was accepted or reject based on results  
this is where the author(s) speculate on what the results mean, even if the hypothesis is rejected, the author should speculate why
- the author can make comparisons to other studies (again citing the references)  
Cite not only studies that support findings, but also those that do not
- statement of the limitations of the study
- problems that arose during the experiment and how they could be solved in future experiments

## References

- all science builds upon the work of others, it is important to acknowledge the research that allowed you to formulate an hypothesis
- reference section should be a comprehensive list of relevant and recent articles pertaining to the subject
  - **all references listed here must be cited in the article**
  - references are listed alphabetically by last name of first author or by citation number order (see **Introduction** above for examples)
- you can quickly see the APA reference format for books, journal articles, websites, and other resources on this site: <http://ok-lib.sites.olt.ubc.ca/files/2014/08/APA-Guide-Fall-2013.pdf>

## Literature Review

### Title

Must be descriptive enough to let the reader know what your paper is about.

### Abstract

- brief summary: usually 200 words or less
- gives the main objectives and results of the review
- purpose or objective of the study to familiarize the audience
- how is this review different from any previous reviews? Or is this the first?
- Statement of how the paper will add to the field of study

### **Introduction**

- start with background information on the topic in general to illustrate context
- Identify the problem such as **gaps** in the knowledge or new perspectives or trends – the **research question**
- purpose or motivation for the literature review
- how will this paper fit in to the bigger picture?
- A variety of references should be used and cited in this section
  - **reference citations** are used whenever information is obtained or cited from other sources
    - you may number the citations (1); the Reference section will list the references in the order cited, or use first author's last name (Jones 1999); the Reference section will list the references in alphabetical order
- make sure you include recent primary research publication (journal articles)
- textbooks sources alone are not appropriate for a literature review
- website sources are often not evidenced-based – be careful!!!!
  - i.e. blogs and sites selling something are not great, however Mayo Clinic and the like are okay
- logical flow of information is very important

### **Body of Paper**

- **subheadings** or some attempt at organization should be evident
- each paragraph covers one idea or aspect of a topic
- each paragraph topic should relate to the statement of purpose
- studies cited should be linked i.e. link similar findings from different studies
- compare and contrast ideas from different studies
- many citations should be included either indirectly (with citation numbers or author year - Smith 2011) or directly "As Smith (2011) stated..."
- logical flow from one idea to the next; from one paragraph to the next
- information cited must be in your own words to avoid plagiarism

### **Discussion and Conclusion**

- answer your research question from the introduction
- summarize the findings of this paper
- interpret the findings
- emphasis on the importance of these findings to the specific area of massage
- reveal any gaps in the literature or unresolved questions for possible further study

- Note that sometimes this is the only part of the paper other than the abstract that someone will read – make sure it is informative!

## References

- should be a comprehensive list of relevant and recent articles pertaining to the subject
- all references listed here **must be cited in the article**
- references are listed alphabetically by last name of first author or by footnote number order (see **Introduction** above for examples)
- you can quickly see the APA reference format for books, journal articles, websites, and other resources on this site:  
<http://ok-lib.sites.olt.ubc.ca/files/2014/08/APA-Guide-Fall-2013.pdf>

## FREQUENTLY ASKED QUESTIONS

### ***What Type of Paper is Eligible?***

- The paper must have a direct relationship to the practice of massage therapy on humans and meet the criteria as set out below.
- Two categories:
  - Clinical Research (case study or case series) based on the students' own research
  - Literature Review written by the student based on their thorough examination of the topic (including recent journal publications) and their analysis of it. (Note that textbook sources are not appropriate for review papers!)

### ***When Can It Be Written?***

- The research performed for this competition must be carried out between **July 1, of the year previous and July 15, of the year in which research is submitted.** Written entries must be submitted no later than **July 31 each year**

### ***I graduate in January – am I still eligible?***

- Yes – as long as the research has been carried out during the eligibility period.

### ***A group of us want to do a paper as a project team, are we eligible?***

- Yes, the honorarium will be shared.

For additional information contact:

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Chair, Research Award Committee

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To download the Research and Interpretive Studies Submission Form, please go to [www.ccmts.ca](http://www.ccmts.ca) .

