

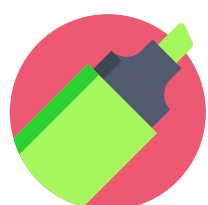
## Beyond the Abstract: A Practical Guide to Reading Research Papers

Corey Rivera, BA, LMT

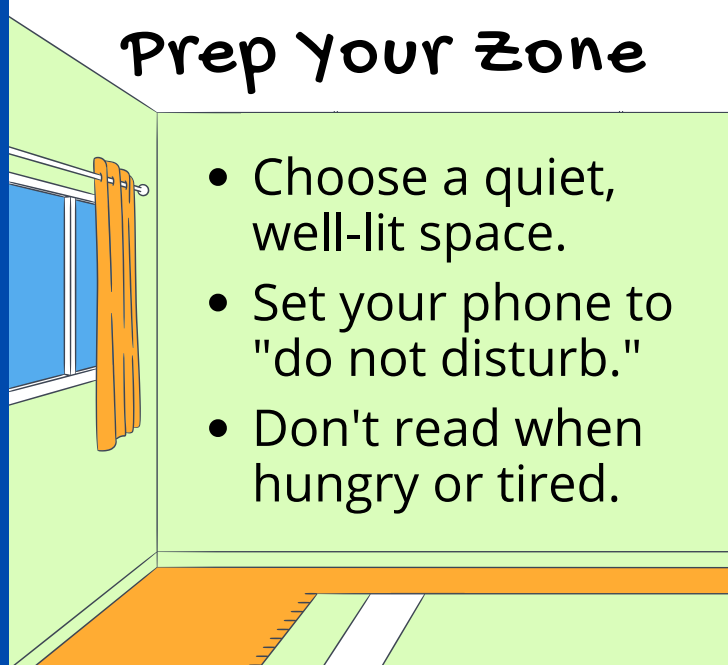
Reading research isn't simple!  
Learn tips below to make it easier

### Prep the Text

- Print it out: enlarge the text and choose a font that is easy on the eyes.
- Get visual: use pencils, stickers, and highlighters to make your marks.



### Prep Your Zone



- Choose a quiet, well-lit space.
- Set your phone to "do not disturb."
- Don't read when hungry or tired.

### Time to Read!

As you read, highlight:

- Citation numbers attached to sentences that you find intriguing.
- Unfamiliar words. Look them up the moment you come across them: they will make a huge difference in your understanding.

### Use The Pomodoro Technique:



Read in 15-25 minute timed increments, taking 1-5 minute movement breaks between reading sessions.

### The Article Body

Skip the abstract and dive into the details as follows:

- **Introduction:** Write down the main goal(s) of the study.
- **Methods:** Don't skim! Draw it, make notecards, or explain it to your pet—the goal is understanding.
- **Results:** Was there enough data? Does it make sense? Is anything missing? Learn about **statistical significance**.
- **Discussion:** Do the explanations of what happened make sense? What do the results, if any, tell you?
- **Conclusion:** What follow-up questions remain? How much confidence do you have in this study?

**Don't give up!** Reading research takes time and patience.

[Read the full article this infographic is based on:](http://www.massagemag.com/your-3-step-guide-to-start-reading-research-papers-136015/)

[www.massagemag.com/your-3-step-guide-to-start-reading-research-papers-136015/](http://www.massagemag.com/your-3-step-guide-to-start-reading-research-papers-136015/)

