**TITLE OF THESIS / DISSERTATION / RESEARCH REPORT**

**Candidate’s Name**

A (Thesis / Dissertation / Research Report) submitted to the (faculty name), (name of university), (name of city), in (partial) fulfilment of the requirements for the degree of (name of the degree).

(name of City), (year completed)

***How to use this template:***

*Save this template as is, then save it again but under a different name once you start populating it with your own research content. In this way, you can reuse the original template in the future. Delete the instructions on this page just before you submit your final draft so that you can refer back to it whenever needed. This template is the intellectual property of Benita Olivier in her personal capacity. The approaches in this template do not necessarily represent that of the institution at which Benita is employed. Do not share this template via email, but please share this template by sharing the following link:* [*https://write-up-template.researchmasterminds.com/*](https://write-up-template.researchmasterminds.com/)*.*

*This template contains generic headings which typically form part of a research report, dissertation or thesis and for illustrative purposes, is based on a quantitative, descriptive study design. It should by no means replace your own judgement, the guidance from your supervisor or the requirements of your tertiary institution. This template can be edited. The videos below explain how this template has been developed so that you can edit all sections as needed. Watch the videos to increase satisfaction and joy when interacting with this template.*

*All functions contained inside this template are generic functions which are found inside the Microsoft Word 2016 package. No additional programming have been added to this template. The value of this template lies in the convenient packaging of these functions into a consumer-friendly, ready to use template.*

*Join the* [*ResearchMasterminds.com*](http://www.ResearchMasterminds.com) *community and subscribe to the* [*Research Masterminds YouTube Channe*](http://www.youtube.com/c/ResearchMasterminds)*l for more useful tips to boost your research productivity:* <http://www.youtube.com/c/ResearchMasterminds?sub_confirmation=1>

*The following videos will guide you in case you need to modify the structure of this template:*

* [*Document Skeleton Part 1: Headings with Multilevel Lists*](https://youtu.be/RIjYmQULCeE)[*https://youtu.be/RIjYmQULCeE*](https://youtu.be/RIjYmQULCeE)
* [*Document Skeleton Part 2: List of Figures, Tables, Appendices*](https://youtu.be/IDyxHLC6Wyw)*:* [*https://youtu.be/IDyxHLC6Wyw*](https://youtu.be/IDyxHLC6Wyw)
* [Word: how to change the size of the margins](https://youtu.be/nEtdGsGUzr8)

<https://youtu.be/nEtdGsGUzr8>

* [Word: how to change the font of the Table of Contents heading](https://youtu.be/pSoUaUNj5l8) <https://youtu.be/pSoUaUNj5l8>
* [Word: how to add the sections before the Table of Contents into it](https://youtu.be/wIlfT2vzugo) <https://youtu.be/wIlfT2vzugo>
* [Word: how to get each chapter to start on a new page](https://youtu.be/5lUp0En-mpk)

<https://youtu.be/5lUp0En-mpk>

* [Word: how to add page Roman and Arabic numerals as page numbers](https://youtu.be/XQTKWOxE9q8) <https://youtu.be/XQTKWOxE9q8>
* [Word: how to use the navigation pane to move sections around](https://youtu.be/y1eR9oCkMFY) <https://youtu.be/y1eR9oCkMFY>
* [Word: how to create an “outline of this thesis” section](https://youtu.be/TKlFVPujlb4) <https://youtu.be/TKlFVPujlb4>
* [How to justify text in Microsoft Word](https://www.youtube.com/watch?v=5CUF3bgazCE&index=2&list=PLo0N0fsKrssVP0a_IymcriVc1-NRxK-0H)

https://youtu.be/5CUF3bgazCE

*Another tip: The heading 4 style headings will not be listed in the Table of Contents unless you change the settings. Click on references, Table of Contents, Custom Table of Contents, Show levels = change this to “4”*

*These videos give you some tips when it comes to inserting pictures or photos:*

* [*Using the snipping tool to convert "anything" into a JPEG image*](https://www.youtube.com/watch?v=N3UwlQ3Xkmw&index=4&list=PLo0N0fsKrssVP0a_IymcriVc1-NRxK-0H) *https://youtu.be/N3UwlQ3Xkmw*
* [*De-identifying an image: how to cover the face*](https://youtu.be/_toWEUW45n0)

[*https://youtu.be/\_toWEUW45n0*](https://youtu.be/_toWEUW45n0)

* *[Academic tools and resources: Anonymise it – hide the face in the photo https://youtu.be/IOy\_tpHbhmw](https://d.docs.live.net/04f202f98e9264d3/Research%20Masterminds%20Website/Digital%20products/Research%20Write-Up%20Template/Academic%20tools%20and%20resources%3A%20Anonymise%20it%20%E2%80%93%20hide%20the%20face%20in%20the%20photo%20https%3A/youtu.be/IOy_tpHbhmw)*
* *[How to combine three images into one figure](https://youtu.be/9XzAaaGg1wA)*

[*https://youtu.be/9XzAaaGg1wA*](https://youtu.be/9XzAaaGg1wA)

*These videos will guide you when constructing tables for your document:*

* [*Tables in Word: how to give your tables a professional look*](https://www.youtube.com/watch?v=DxVJtp4v3Vw&index=3&list=PLo0N0fsKrssVP0a_IymcriVc1-NRxK-0H)[*https://youtu.be/DxVJtp4v3Vw*](https://youtu.be/DxVJtp4v3Vw)
* [*Word: how to add a landscape layout table into a portrait layout document in Word*](https://www.youtube.com/watch?v=UJcAasdYqxI&index=5&list=PLo0N0fsKrssVP0a_IymcriVc1-NRxK-0H)[*https://youtu.be/UJcAasdYqxI*](https://youtu.be/UJcAasdYqxI)
* [*Word: how to repeat header rows in tables which run over more than one page*](https://youtu.be/7h-3fduIcio)[*https://youtu.be/7h-3fduIcio*](https://youtu.be/7h-3fduIcio)

## Declaration

I (name of candidate) declare that this (Thesis/Dissertation/Research Report) is my

own, unaided work. It is being submitted for the (name of degree) at the

(name of university), (name of city). It has not been submitted before for

any degree or examination at any other University.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of candidate Signature of candidate

\_\_\_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_\_\_ 20\_\_\_\_\_\_\_\_ in\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Dedication

## Presentations arising from this Study

## Publications arising from this Study

## Abstract

## Acknowledgements

Table of Contents

[Declaration v](#_Toc44563584)

[Dedication vi](#_Toc44563585)

[Presentations arising from this Study vii](#_Toc44563586)

[Publications arising from this Study vii](#_Toc44563587)

[Abstract viii](#_Toc44563588)

[Acknowledgements ix](#_Toc44563589)

[List of Tables xiii](#_Toc44563590)

[List of Figures xiii](#_Toc44563591)

[List of Appendices xiii](#_Toc44563592)

[List of Abbreviations xiv](#_Toc44563593)

[Chapter 1 Introduction 1](#_Toc44563594)

[1.1 Background 1](#_Toc44563595)

[1.2 Problem Statement 1](#_Toc44563596)

[1.3 Aims and Objectives 1](#_Toc44563597)

[1.4 Significance 1](#_Toc44563598)

[1.5 Outline of this Research Report/ Dissertation/ Thesis 2](#_Toc44563599)

[Chapter 2 Literature Review 3](#_Toc44563600)

[2.1 Introduction 3](#_Toc44563601)

[2.2 Search Strategy 3](#_Toc44563602)

[2.3 Heading 2 Style 3](#_Toc44563603)

[2.3.1 Heading 3 Style 3](#_Toc44563604)

[2.3.2 Heading 3 Style 3](#_Toc44563605)

[2.4 Heading 2 Style 4](#_Toc44563606)

[2.4.1 Heading 3 Style 4](#_Toc44563607)

[2.4.2 Heading 3 Style 4](#_Toc44563608)

[2.5 Heading 2 Style 4](#_Toc44563609)

[2.5.1 Heading 3 Style 4](#_Toc44563610)

[2.5.2 Heading 3 Style 5](#_Toc44563611)

[2.5.3 Heading 3 Style 5](#_Toc44563612)

[2.6 Heading 2 Style 5](#_Toc44563613)

[Chapter 3 Methods 6](#_Toc44563614)

[3.1 Study Design 6](#_Toc44563615)

[3.2 Study Setting 6](#_Toc44563616)

[3.3 Participants 6](#_Toc44563617)

[3.3.1 Source of Participants 6](#_Toc44563618)

[3.3.2 Sample Size 6](#_Toc44563619)

[3.3.3 Sample Selection 6](#_Toc44563620)

[3.4 Instrumentation and Outcome Measures 7](#_Toc44563621)

[3.4.1 Heading 3 Style 7](#_Toc44563622)

[3.4.2 Heading 3 Style 7](#_Toc44563623)

[3.4.3 Heading 3 Style 7](#_Toc44563624)

[3.5 Procedure 7](#_Toc44563625)

[3.5.1 Pilot Study 8](#_Toc44563626)

[3.5.2 Main Study 8](#_Toc44563627)

[3.6 Ethical Considerations 8](#_Toc44563628)

[3.7 Data Reduction 8](#_Toc44563629)

[3.8 Statistical Analyses 8](#_Toc44563630)

[Chapter 4 Results 9](#_Toc44563631)

[4.1 Results Topic 1 9](#_Toc44563632)

[4.1.1 Heading 3 Style 9](#_Toc44563633)

[4.1.2 Heading 3 Style 9](#_Toc44563634)

[4.2 Results Topic 2 10](#_Toc44563635)

[4.2.1 Heading 3 Style 10](#_Toc44563636)

[4.2.2 Heading 3 Style 10](#_Toc44563637)

[Chapter 5 Discussion 11](#_Toc44563638)

[5.1 Heading 2 Style 11](#_Toc44563639)

[5.1.1 Heading 3 Style 11](#_Toc44563640)

[5.1.2 Heading 3 Style 11](#_Toc44563641)

[5.1.3 Heading 3 Style 11](#_Toc44563642)

[5.2 Heading 2 Style 11](#_Toc44563643)

[5.2.1 Heading 3 Style 11](#_Toc44563644)

[Chapter 6 Conclusion and Recommendations 12](#_Toc44563645)

[6.1 Conclusion 12](#_Toc44563646)

[6.2 Clinical/Practical Recommendations 12](#_Toc44563647)

[6.3 Recommendation for Future Research 12](#_Toc44563648)

[6.4 Strengths and Limitations 12](#_Toc44563649)

[References 13](#_Toc44563650)

[Appendix 14](#_Toc44563651)

## List of Tables

[Table 3.1 Inclusion and exclusion criteria of the participants 7](#_Toc38859564)

[Table 4.1 An example of a table 9](#_Toc38859565)

## List of Figures

[Figure 1.1. Outline of the thesis 2](#_Toc38859566)

[Figure 4.1 An example of a figure 9](#_Toc38859567)

## List of Appendices

[Appendix A Information sheet 14](#_Toc38859568)

[Appendix B Consent form 15](#_Toc38859569)

[Appendix C Ethical clearance certificate 16](#_Toc38859570)

[Appendix D Turnitin Report 17](#_Toc38859571)

## List of Abbreviations

# Introduction

## Background

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent euismod, lectus quis consectetur auctor, diam est dapibus neque, quis consectetur felis erat quis nisi. Nulla sagittis porttitor lectus, vitae egestas ligula faucibus ultricies. Nullam volutpat enim non erat egestas, ut porta odio mollis. Mauris in nisl eget lectus imperdiet malesuada sed iaculis tortor. Praesent ac sapien accumsan, ultrices est eget, commodo arcu. Curabitur consectetur porttitor eleifend. Vestibulum semper dictum sapien, sed tristique eros luctus ut. Donec eget augue non est molestie feugiat ac id enim.

## Problem Statement

## Aims and Objectives

## Significance

## Outline of this Research Report/ Dissertation/ Thesis

*Example of a figure to illustrate the sections contained in your thesis, dissertation or research report:*

Figure 1.1. Outline of the thesis

# Literature Review

## Introduction

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent euismod, lectus quis consectetur auctor, diam est dapibus neque, quis consectetur felis erat quis nisi. Nulla sagittis porttitor lectus, vitae egestas ligula faucibus ultricies. Nullam volutpat enim non erat egestas, ut porta odio mollis. Mauris in nisl eget lectus imperdiet malesuada sed iaculis tortor. Praesent ac sapien accumsan, ultrices est eget, commodo arcu. Curabitur consectetur porttitor eleifend. Vestibulum semper dictum sapien, sed tristique eros luctus ut. Donec eget augue non est molestie feugiat ac id enim.

## Search Strategy

## Heading 2 Style

### Heading 3 Style

### Heading 3 Style

## Heading 2 Style

### Heading 3 Style

#### Heading 4 Style

#### Heading 4 Style

### Heading 3 Style

## Heading 2 Style

### Heading 3 Style

### Heading 3 Style

### Heading 3 Style

## Heading 2 Style

# Methods

## Study Design

## Study Setting

## Participants

### Source of Participants

### Sample Size

### Sample Selection

#### Inclusion Criteria

#### Exclusion Criteria

*This is an example of a table and the table heading which will be included in the List of tables section:*

Table 3.1 Inclusion and exclusion criteria of the participants

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

## Instrumentation and Outcome Measures

### Heading 3 Style

### Heading 3 Style

### Heading 3 Style

## Procedure

### Pilot Study

### Main Study

## Ethical Considerations

## Data Reduction

## Statistical Analyses

# Results

## Results Topic 1

### Heading 3 Style

Figure 4.1 An example of a figure

### Heading 3 Style

Table 4.1 An example of a table

|  |  |  |  |
| --- | --- | --- | --- |
| Column Heading | Column Heading | Column Heading | Column Heading |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

It is acceptable to use a smaller font such as size 11 or 10 for the contents of a table

## Results Topic 2

### Heading 3 Style

### Heading 3 Style

# Discussion

## Heading 2 Style

### Heading 3 Style

### Heading 3 Style

### Heading 3 Style

## Heading 2 Style

### Heading 3 Style

#### Heading 4 Style

#### Heading 4 Style

#### Heading 4 Style

# Conclusion and Recommendations

## Conclusion

## Clinical/Practical Recommendations

## Recommendation for Future Research

## Strengths and Limitations

# References

# Appendix

Appendix A Information Sheet

*Add the appendices in the order as it appears in the text*

Appendix B Consent Form

Appendix C Ethical Clearance Certificate

Appendix D Turnitin Report