

## **Have you thought about writing for *The Irish Psychologist*?**

The Irish Psychologist (IP) is published by the PSI as a forum for the discussion of issues and topics relevant to psychologists in Ireland. It aims to appeal to both academic psychologists and practitioners, including trainees and students, and to keep members informed of developments in psychology

### **What types of submissions are welcome?**

We welcome a variety of articles including reviews (empirical and practice-based), research reports (including qualitative and quantitative research) and practice-based critical reflections.

### **Top tips for writing an article**

If you decide to prepare a submission, the Editorial Team has the following tips to help you write your piece.

- 1. Think of your audience!** The readership of the IP is very broad and includes practitioners, academics, researchers, trainees and students. Remember that, while some readers may be very familiar with your topic, others will not be. Keep these readers in mind as you write: introduce the topic for them and include key definitions.
- 2. Focus, focus, focus:** For IP articles a word count of approx. 3,000 words (excluding references) is typical. This can be a challenge but it is important in achieving an accessible submission.
- 3. Write to a theme:** Themed articles such as *What Psychologists Need to Know* provide a structure for a critical reflection on a current topic. Would your area of interest suit this type of submission?
- 3. Find a hook:** Articles in the IP are generally short and focused and this may not suit a large scale or broad submission. We find that the most successful submissions are those that focus on a specific aspect of a topic. Is there an element of your research that is most suited to a submission? Topical issues are particularly welcome!
- 4. Sell, sell, sell!** The title of your article is the first thing that will catch the readers' attention. It is important that it captures the focus of your submission clearly and concisely.
- 5. Build your argument:** The best articles guide the reader through the piece. Start with a clear statement of your aims at the outset and use these to structure your submission. Returning to the aims at the end of the piece will drive home the key learning from your work.
- 6. Consider the evidence:** Reflecting the scientist practitioner model, the strongest submissions are those that engage with the literature or indeed the study in a critical way.
- 7. Don't forget your references!** As with all articles, the references are an important resource for the reader. It is important that they are accurate, complete and correctly presented. The IP uses APA referencing style and authors should refer to the Publication Manual of the American Psychological Association (6th edition).

### **Presentation guidelines**

The table below is a brief guide, which authors can use when preparing articles for submission. This guide is not meant to be exhaustive but was devised based on common corrections made in articles submitted to *The Irish Psychologist*. Authors should consult the *Concise Rules of APA Style* (i.e., the official pocket style guide from the American Psychological Association) for a comprehensive description of the magazine's style. In addition a free style tutorial is available at <http://www.apastyle.org/learn/tutorials/basics-tutorial.aspx>. Please submit documents in MS Word format with normal margins, with 1.5 line spacing.

*Table 1: The Irish Psychologist Magazine Guidelines*

Capital Letters:	<p>In addition to capitalising the first word in sentences, capitalise the following:</p> <ul style="list-style-type: none"><li>• the first word after a colon if it begins a complete sentence</li><li>• major words in titles/headings (including in books and articles within the body of a paper).</li></ul> <p>Do not capitalise the following:</p> <ul style="list-style-type: none"><li>• names of university departments/work departments/courses (unless they refer to a specific department or course).</li><li>• names of laws, theories or hypotheses; shortened names of tests, unless personal names are used.</li></ul>
Figures:	<p>Figures should be labelled below as per APA guidelines, as follows: <i>Figure 1. Caption Under Figure</i></p>
Font and Spacing:	<p>All articles should be prepared in Times New Roman font, size 12, with 1.5 spacing. There should only be one space between each sentence.</p>
Headings:	<p>First-level headings (e.g., Introduction, Conclusion) should be in bold, with an initial capital letter for any proper nouns. Second-level headings should be in bold italics, with an initial capital letter for any proper nouns. Third-level headings should be in italics, with an initial capital letter for any proper nouns.</p>
Hyphenation:	<p>Do not use a hyphen unless it serves a purpose. There are a number of prefixes that do not require hyphens such as:</p> <ul style="list-style-type: none"><li>• Anti - antisocial</li><li>• Co – comorbidity</li><li>• Inter – interstimulus</li><li>• Multi - multicultural</li><li>• Non – nonsignificant</li><li>• Post - posttest</li><li>• Pro – prodrugs</li><li>• Socio- sociocultural</li><li>• Under - underdeveloped</li></ul>
Numbers:	<p>In general, use figures for 10 and above, and words for numbers below 10. However, the following exceptions apply:</p> <p>(a) Use figures to express these numbers:</p> <ul style="list-style-type: none"><li>• When grouping numbers below 10 for comparison with numbers above; express the lower numbers in figures (e.g., 3 of the 21 analyses)</li><li>• Do not do so if the items are not being compared (e.g., 15 traits on each of four checklists)</li><li>• Numbers preceding a unit of measurement (a 5-mg dose)</li><li>• Numbers for statistical or mathematical functions; fractions, decimals, percentages, percentiles and quartiles (e.g., multiplied by 5; more than 5%; a ratio of 3:1)</li><li>• Time; dates; ages; sample size; number of participants; scores on a scale; exact sums of money (e.g., in about 3 years; 2 weeks ago; 2-year-olds; scored 4 on a 7-point scale)</li></ul> <p>(b) Use words for these numbers:</p> <ul style="list-style-type: none"><li>• Numbers below 10 where they are not precise measurements and are grouped for comparison with other numbers below 10 (e.g., three conditions; five trials of the remaining seven; nine pages)</li></ul>

	<ul style="list-style-type: none"> <li>• When numbers are not with numbers above 10 (e.g., one-line sentence; one response was valid)</li> <li>• Any number that begins a sentence, title or heading (e.g., Ten participants answered. Ninety-eight percent showed an increase; 2% showed no change)</li> <li>• Common fractions (e.g., one fifth; two-thirds of the class)</li> <li>• Generally accepted usage (e.g., the Ten Commandments)</li> </ul>
Paragraphs:	A space should be placed between paragraphs; paragraphs should not be indented
Punctuation:	Use a comma after Latin abbreviations in parenthetical material (e.g., (i.e.)); Do not abbreviate e.g. or i.e. in nonparenthetical material in such cases, use the English translation "...for example, <i>The Irish Psychologist ...</i> " / "...that is, psychology in Ireland" (exception is for et al.)
Quotation Marks:	Use double quotation marks to introduce a word or phrase as an ironic comment, as slang, or as an invented expression but avoid overuse of double quotation marks; for example, do not use to introduce key terms or hedge terms. Do not use quotation marks to identify the anchors of a scale; for example, 1( <i>all of the time</i> ) to 5 ( <i>never</i> ).
Spelling:	All articles should use British English spelling
Tables:	Tables should be labelled above as per APA guidelines, as follows: <i>Table 1. Caption Above Table</i>

### Can I talk to someone about my ideas?

Individuals considering making a submission may contact the editorial team at the email address below.

### Remember!

Your contributions are essential to the development of The Irish Psychologist as a forum for review, debate and discussion of key issues in psychology.

### Material should be sent (as electronic copy) to:

The Editors, The Irish Psychologist, The Psychological Society of Ireland, CX House, 2A Corn Exchange Place, Dublin 2. Email: [irishpsychologist@psihq.ie](mailto:irishpsychologist@psihq.ie)