Outlining Your Arguments

• Think about what the major points you will be making in each section of your paper
• Write them out in sentence form
• Write out the supporting arguments in sentence form
  – Include citations for sub-points
Example thesis

• Anuptaphobia is a growing problem in the U.S.. Current internet-based treatments for anuptaphobia are popular, but inadequate, because they neglect the basic interpersonal nature of the phobia. Therefore, interpersonal therapies are often utilized. However, a new treatment approach that utilizes the convenience of the internet to engage clients in more traditional interpersonal therapies would be more effective than either approach alone in the treatment of anuptaphobia.
Example: Can you identify the arguments?

• The problem
  – Defining anuptaphobia (Ruth, 2004)
  – Problems at work and outside work

• What are internet-based approaches?
  – Manley (2003)
  – Effectiveness
    • (Glum, 1999) (Couples et al., 2001)

• What are interpersonal approaches?
  – Effectiveness

• A new synthesis
  – Elements of each
Anuptaphobia is a growing problem in U.S.

- The % of individuals reporting symptoms is growing (Smith, 2004; Turner, 2002)
- The % of individuals seeking profession help is increasing (Jones, 2000)
- Business and gov’t are losing productivity and money (Pennypincher, 2000)

  - People are spending more time at work coping with symptoms (Cornwallis, 2001)
  - Absenteeism as a result of maladaptive coping strategies is growing (Jensen, 1999; Tardy, 2001)
• Current treatment approaches that emphasize internet-based solutions are becoming more popular, but are inadequate
  - Traditional interpersonal approaches have given way to internet-based approaches
    • People report using internet-based solutions at a 5-to-1 ratio over interpersonal approaches (Manley, 2003)
  - The efficacy of internet-based solutions is questionable (Stuck, 2000)
    • Users report dissatisfaction (Glum, 1999)
    • Few studies provide clear evidence for their efficacy
      - Jones et al (2001) report suggestive evidence but provide no control group.
      - Harmony (2004) is widely cited but provides only anecdotal evidence.