Abstract Development

An abstract is a formal summary highlighting the key components of a paper. An abstract should contain the following requirements:

- 150-300 words
- Added prior to the content displayed
- No indent
- An abstract header
- Add key findings, including background info, problem/thesis statement, methods, results, and limitations

Here is an example:

Background: The SARS-CoV-2 (COVID-19) virus is the most recent pandemic which has caused numerous health issues globally. Known for its infectivity by respiratory droplets, COVID-19 spread like wildfire across the world.

Problem/thesis statement: Prior to its arrival, nurses experienced burnout, a workplace phenomenon caused by unrelieved stress over long periods of time. Characterized by emotional exhaustion (EE), depersonalization (DP), and lack of personal accomplishment (PA), burnout is a troubling condition that affects the mental health of nurses. Amidst the pandemic's arrival, nurses were tasked with providing patient care to those infected with COVID-19.

Methods: As a result, studies have been conducted highlighting the impact COVID-19 has on the prevalence, physical and psychological factors, and outcomes of nurses experiencing burnout.

Results: Factors exacerbating burnout in nurses included fear of infection, long work hours, nursing specialty, length of time spent as a nurse, and COVID-19 policies. Outcomes include depression, anxiety, substance abuse, diminished patient care, leaving professions, and suicide. Recommendations to reduce the incidence of burnout in nurses include resilience training, providing mental health resources, increasing job environment safety and benefits, and proper preparation for future pandemics.

Limitations: Limitations of the studies used are the sample sizes, methods of data collection, and region of data gathered.

Put all of these together, and you have a pretty good abstract!