

# APA Research Paper (Mirano)

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Running head: CAN MEDICATION CURE OBESITY IN CHILDREN? 1

The header consists of a shortened title in all capital letters at the left margin and the page number at the right margin; on the title page only, the shortened title is preceded by the words "Running head" and a colon.

Can Medication Cure Obesity in Children?  
A Review of the Literature  
Luisa Mirano  
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Full title, writer's name, and school halfway down the page.

## Author Note

This paper was prepared for Psychology 108, Section B,  
taught by Professor Kang.

An author's note lists the specific information about the course or department and can provide acknowledgments and contact information.

Marginal annotations indicate **APA-style formatting** and **effective writing**.

Source: Hacker/Sommers (Boston: Bedford/St. Martin's, 2011, 2006).

This paper follows the style guidelines in the *Publication Manual of the American Psychological Association*, 6th ed. (2010).

## Abstract

In recent years, policymakers and medical experts have expressed alarm about the growing problem of childhood obesity in the United States. While most agree that the issue deserves attention, consensus dissolves around how to respond to the problem. This literature review examines one approach to treating childhood obesity: medication. The paper compares the effectiveness for adolescents of the only two drugs approved by the Food and Drug Administration (FDA) for long-term treatment of obesity, sibutramine and orlistat. This examination of pharmacological treatments for obesity points out the limitations of medication and suggests the need for a comprehensive solution that combines medical, social, behavioral, and political approaches to this complex problem.

Abstract appears  
on a separate page.

## Can Medication Cure Obesity in Children?

## A Review of the Literature

In March 2004, U.S. Surgeon General Richard Carmona called attention to a health problem in the United States that, until recently, has been overlooked: childhood obesity. Carmona said that the “astounding” 15% child obesity rate constitutes an “epidemic.” Since the early 1980s, that rate has “doubled in children and tripled in adolescents.” Now more than 9 million children are classified as obese.<sup>1</sup> While the traditional response to a medical epidemic is to hunt for a vaccine or a cure-all pill, childhood obesity is more elusive. The lack of success of recent initiatives suggests that medication might not be the answer for the escalating problem. This literature review considers whether the use of medication is a promising approach for solving the childhood obesity problem by responding to the following questions:

1. What are the implications of childhood obesity?
2. Is medication effective at treating childhood obesity?
3. Is medication safe for children?
4. Is medication the best solution?

Understanding the limitations of medical treatments for children highlights the complexity of the childhood obesity problem in the United States and underscores the need for physicians,

<sup>1</sup>Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. A child or an adolescent with a BMI in the 95th percentile for his or her age and gender is considered obese.

Full title, centered.

Mirano sets up her organization by posing four questions.

Mirano states her thesis.

Mirano uses a footnote to define an essential term that would be cumbersome to define within the text.

## References

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List of references begins on a new page. Heading is centered.

List is alphabetized by authors' last names. All authors' names are inverted.

The first line of an entry is at the left margin; subsequent lines indent ½".

Double-spacing is used throughout.