**Student Learning**

**Paragraph Structure**

Paragraphs give your writing structure. Each paragraph should cover one idea or one aspect of an idea. A paragraph consists of a topic sentence, a number of support sentences, and an optional concluding sentence.

**EXAMPLE OF AN ACADEMIC PARAGRAPH**

Research shows that mindfulness may not only be applicable for the prevention of relapse in depression, but also for the treatment of acute depressive symptoms. Hofmann et al. (2010) conducted a meta-analytic review of effect sizes in 39 studies evaluating the efficacy of mindfulness based approaches in treating symptoms of depression. They found that overall mindfulness based therapies for people with depression had a large effect size (0.95). The study’s authors note that theirs was the first large-scale and scientifically rigorous meta-analysis in this field. They also note that the large effect size revealed here was identical to that revealed previously for the efficacy of cognitive behavioural therapy (Butler et al. 2006). This indicates that mindfulness is potentially as effective as the commonly used and broadly scientifically validated cognitive behavioural therapy approach, and that more research is needed to compare the two methods for long-term efficacy, cost benefits and appeal to patients.