

**Department of Health Promotion Sciences** **Master's**  
**Thesis Style Guide**

1. Format of submitted thesis

- (1) A degree thesis should consist of one main thesis with a single title.
- (2) In principle, theses should be written in Japanese or English. If written in English, the title must be accompanied by a Japanese translation.
- (3) The submitted thesis should be simply bound, with a front cover, a back cover, and an inside cover (Attachment 2). Write the academic year according to the Japanese calendar, the thesis title, author's name and other details on the back cover.
- (4) In principle, the thesis (including the manuscript, data, figures and tables) should be printed horizontally on A4 paper, with 30mm margins, a 10mm binding margin, standard line count, and 1.5 line spacing.

2. Manuscript composition

Although the composition differs in small details depending on the research field, a degree thesis basically consists of the various chapters shown in the example below. Detailed writing guidelines such as the method of writing citations from the bibliography also follow the standard format of each research domain.

Example of Master's thesis composition (Japanese)

- i. Title page
- ii. Abstract
- iii. Contents
  - (i) Introduction
  - (ii) Background and framework of the research (brief research history)
  - (iii) Purpose of the research, research strategy, overall composition, etc.
  - (iv) Experiment 1 (purpose, methods, results, discussion)
  - (v) Experiment 2 (purpose, methods, results, discussion)
  - (vi) General discussion
  - (vii) Conclusions
  - (iii) Bibliography
  - (ix) Supplementary materials (experiment data, etc.)

3. Notes

- (1) Any changes or additions to the content of the thesis after applying are subject to the approval of the examiners. If you wish to change the title, be sure to contact the Educational Affairs Subsection after first consulting your supervisor.
- (2) When applying for a degree, submit one copy of the documents for submission (degree application, abstract, subthesis (if any), and reproduction consent request), and three copies of the thesis.
- (3) The thesis, abstract and front cover will be filed as they are, so please align edges carefully and fasten securely.