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Outcomes and Therapeutic Alliances in Senior  
Citizens Served in a Community  
Mental Health Setting

David A. Hill

A thesis submitted to the faculty of  
Brigham Young University  
in partial fulfillment of the requirements for the degree of  
Master of Science

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## ABSTRACT

### Outcomes and Therapeutic Alliances in Senior Citizens Served in a Community Mental Health Setting

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Department of Exercise Sciences, BYU  
Master of Science

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Keywords: mental health, senior citizens, therapeutic alliances, community, outcomes

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The acknowledgements page is optional. All text is in the same font and size as the rest of the work. There should be 1" margins on all 4 sides of the page. We recommend double spacing this page.

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The abstract and acknowledgements can both be more than one page long, which will need to be reflected in the table of contents page numbering.

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SAMPLE PRELIMINARY PAGES

## TABLE OF CONTENTS

Set tabs for each subheading at .25 (0.25, 0.5, 0.75) - three is usually sufficient. Set the right tab (for page numbers) at 6.5, right tab, with leader 2 (the dotted line that connects to the page numbers). This will be the same for the Table of Contents, List of Tables, and List of Figures. The tabs for the lists will be slightly different.

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We recommend double spacing and including links to the correct pages in the document (hyperlinks). The table of contents can be more than one page, but be sure to reflect that in the page numbering.

All preliminary page numbers are Roman numerals. The title page, abstract, and acknowledgements are included on the table of contents with page numbers even though they do not have page numbers on the actual pages. Every page from this point on should have a page number on the actual page. The page numbers can be anywhere in the top or bottom margins of the page. Page numbers need to be in the same location on every page. The font and size of the page numbers needs to match the rest of the document.

Page numbering starts over (page 1) on the first page of the text, which is usually the introduction. From that point on, page numbers need to be Arabic numerals.

"Table of Contents" should be at the top of the page. It can either be in all caps or mixed case letters. If mixed case is used for "Table of Contents", it should also be used for "List of Tables" and "List of Figures" if those are included in the document. The same rule goes for all caps.

Include the title page, abstract, and acknowledgements in the table of contents. Note: Required to include the title page, abstract, acknowledgements, list of tables, and list of figures in the bookmarks). The list of tables and list of figures need to be included in the table of contents.

Your table of contents may be formatted differently than this sample. That is acceptable as long as formatting remains consistent throughout the table of contents, list of figures, and list of tables, etc. Formatting also still needs to meet the requirements discussed above.

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Should have a Roman numeral page number on this page. The font and size for the page number on the list of figures page need to match the font for the rest on the document, including font size.

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