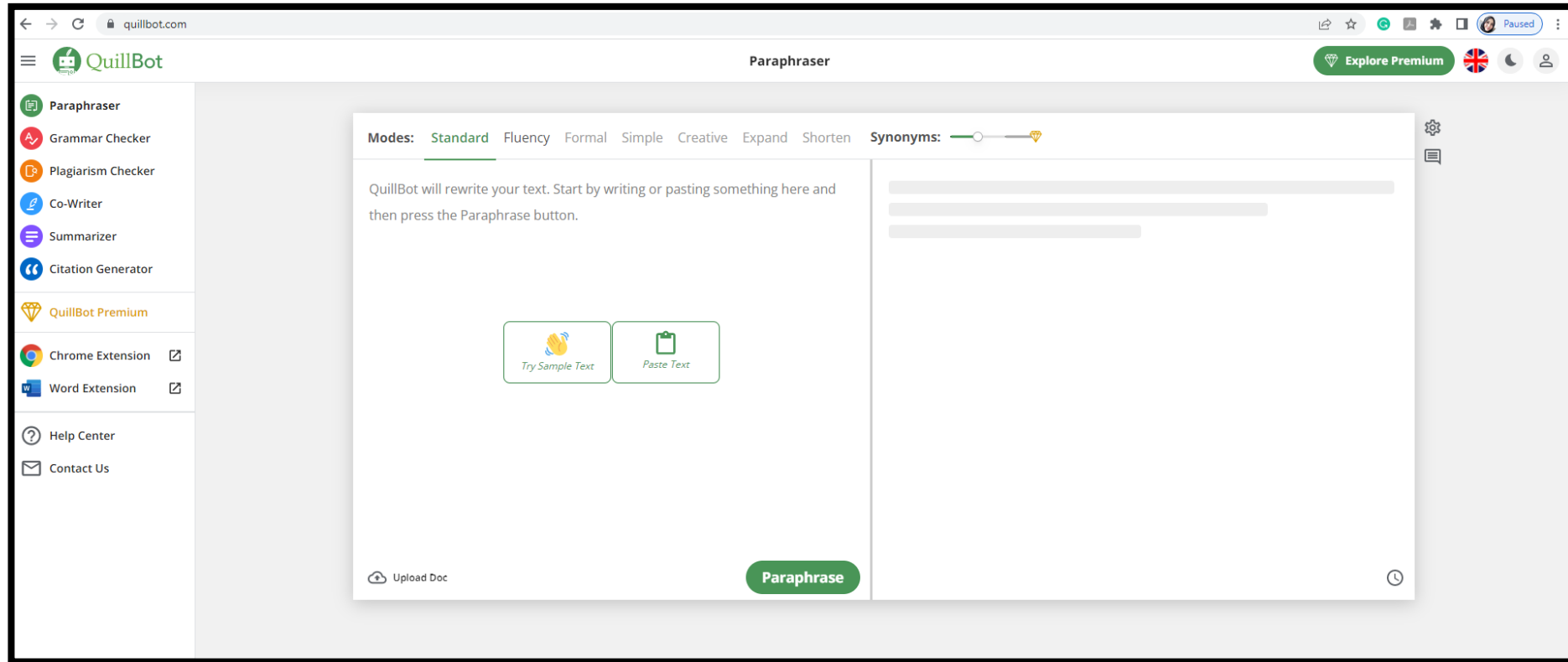


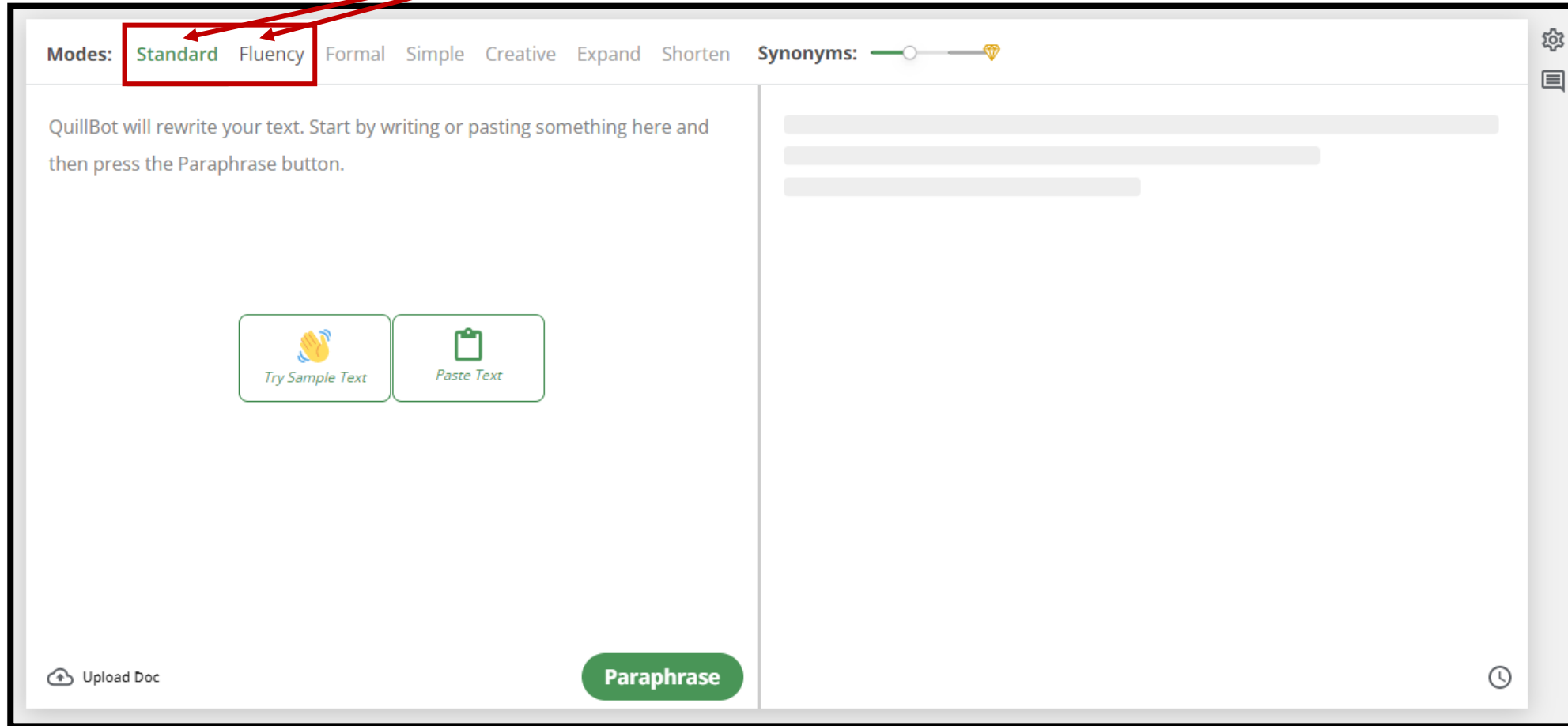
HELP LEARNING RESOURCE CENTRE

User Guide: How to use Quillbot Software for Paraphrasing

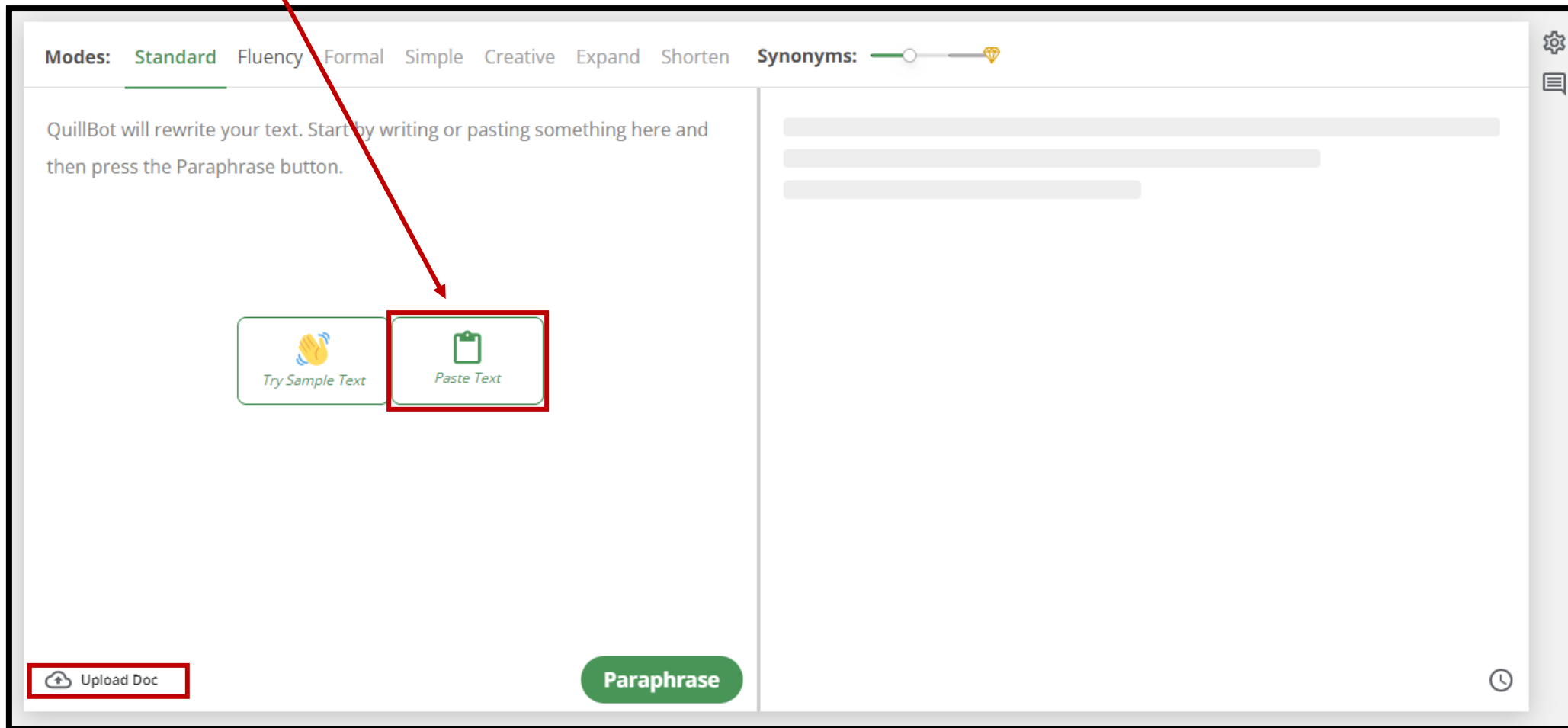
1. You may access Quillbot to the link [Quillbot.com](https://quillbot.com)



2. The Paraphrasing modes (**standard & fluency**) are available for the free version.

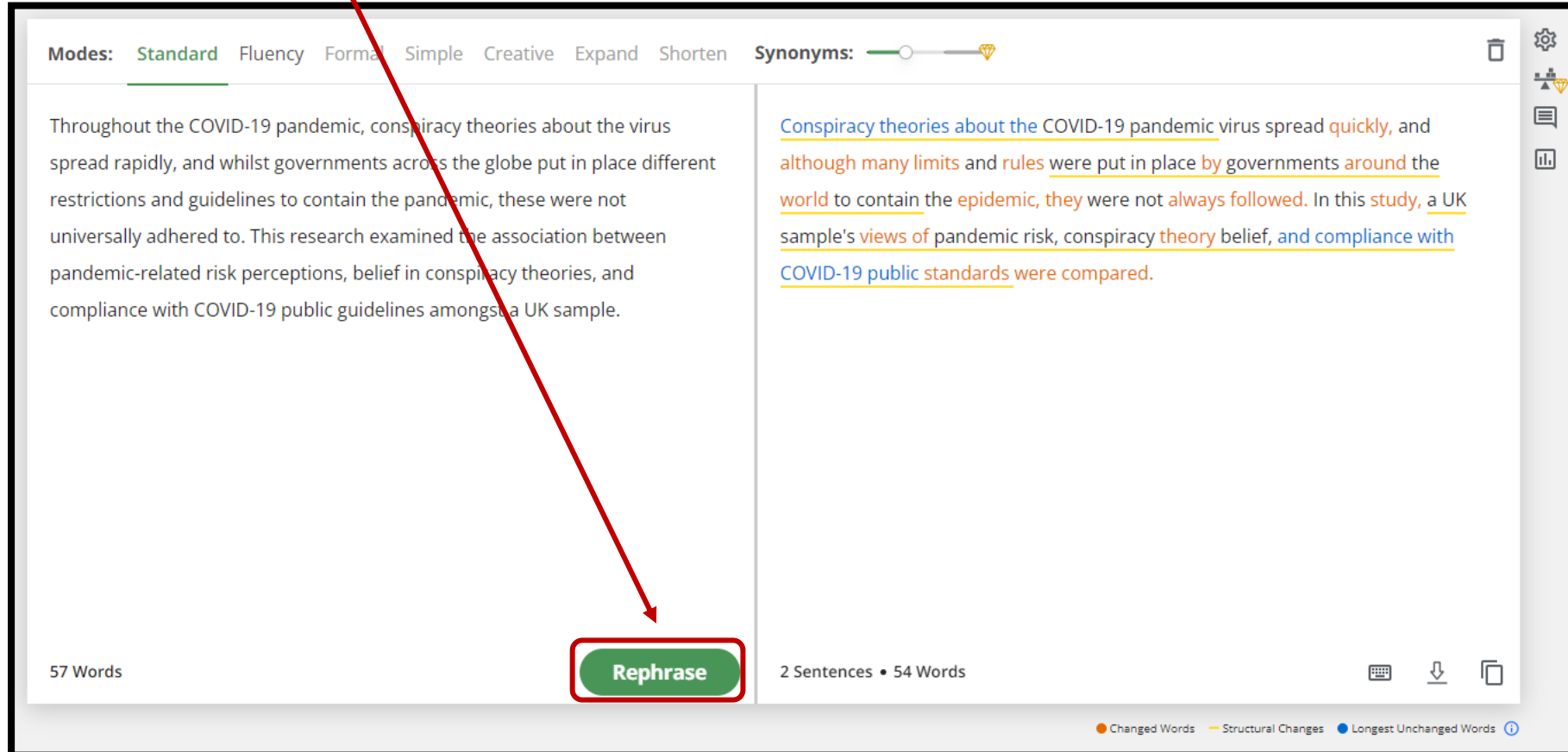


3. You can paste a text or import a file into the paraphrase box on the left of the page.



The screenshot shows the QuillBot paraphrasing interface. At the top, there are tabs for 'Modes' (Standard, Fluency, Formal, Simple, Creative, Expand, Shorten) and a 'Synonyms' slider. Below this, a text area contains the instruction: 'QuillBot will rewrite your text. Start by writing or pasting something here and then press the Paraphrase button.' Two buttons are visible: 'Try Sample Text' and 'Paste Text'. The 'Paste Text' button is highlighted with a red box, and a red arrow points from the underlined text 'paste a text' in the instruction above to this button. At the bottom left, there is an 'Upload Doc' button, and at the bottom center, a large green 'Paraphrase' button. On the right side, there are icons for settings and chat.

5. Then, click **paraphrase** to generate the sentences



Modes: **Standard** Fluency Formal Simple Creative Expand Shorten Synonyms:

Throughout the COVID-19 pandemic, conspiracy theories about the virus spread rapidly, and whilst governments across the globe put in place different restrictions and guidelines to contain the pandemic, these were not universally adhered to. This research examined the association between pandemic-related risk perceptions, belief in conspiracy theories, and compliance with COVID-19 public guidelines amongst a UK sample.

57 Words

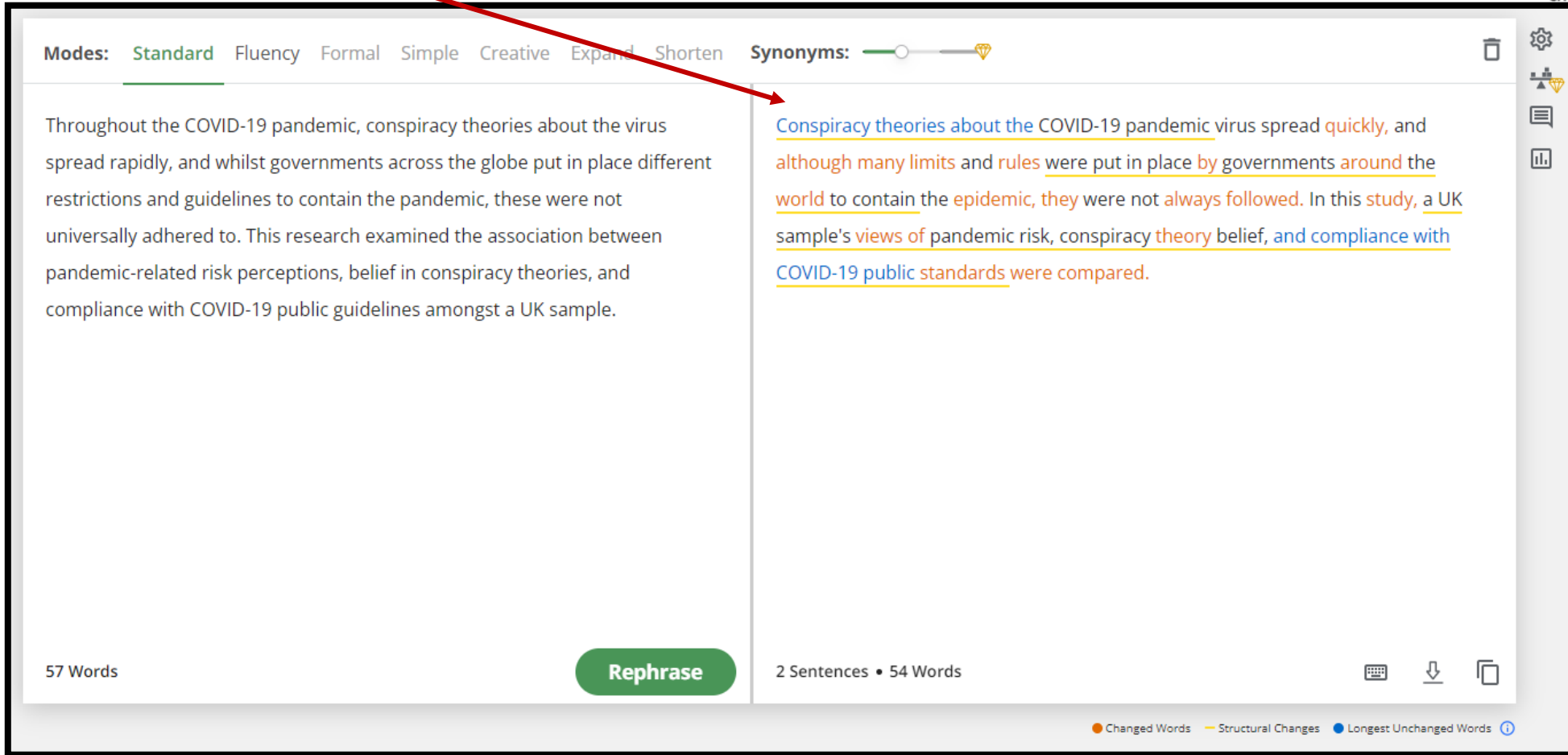
Rephrase

2 Sentences • 54 Words

● Changed Words ● Structural Changes ● Longest Unchanged Words ⓘ

Reference: Hughes, J. P., Efstratiou, A., Komer, S. R., Baxter, L. A., Vasiljevic, M., & Leite, A. C. (2022). *The impact of risk perceptions and belief in conspiracy theories on COVID-19 pandemic-related behaviours*. PLoS One, 17(2), <https://doi.org/10.1371/journal.pone.0263716>

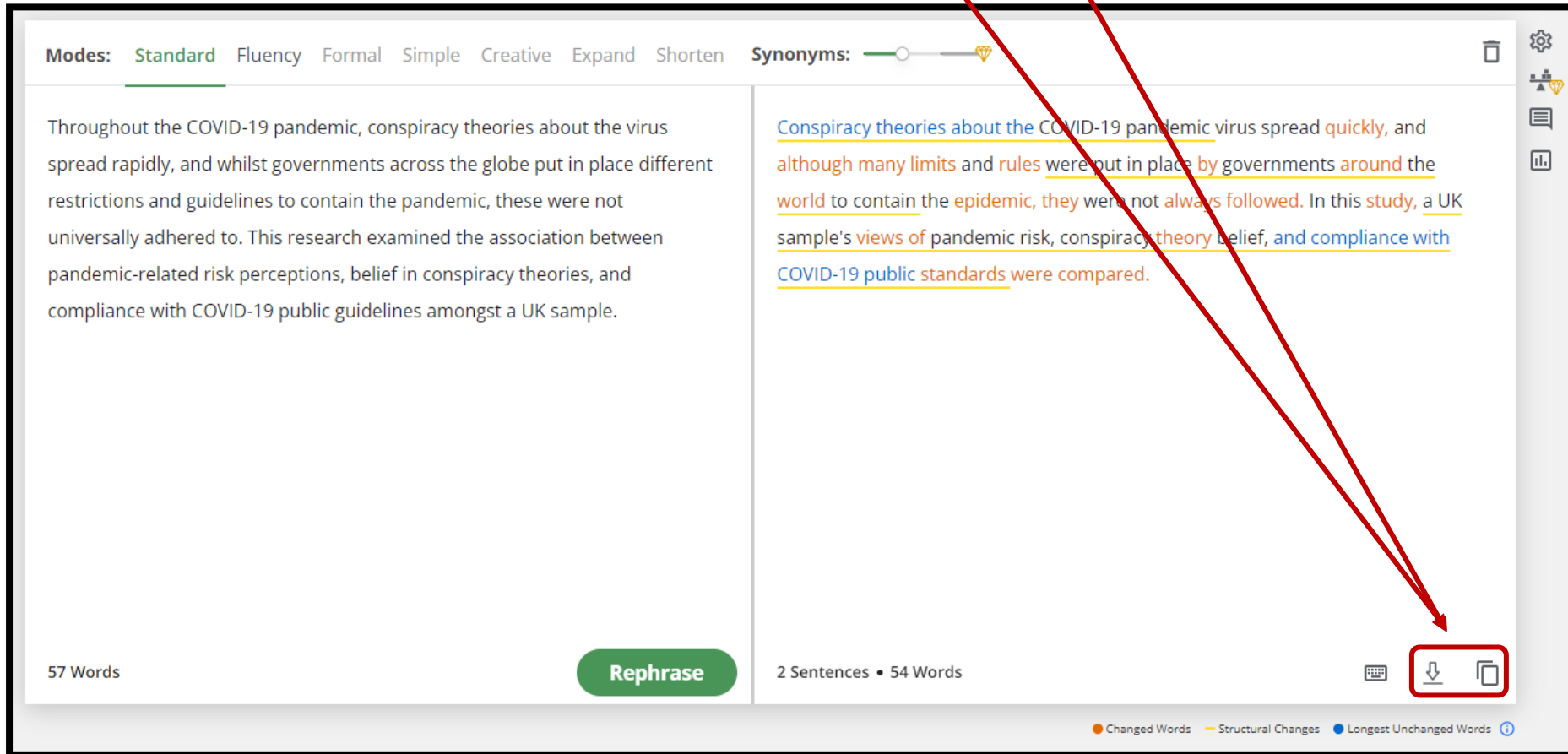
6. The **result of paraphrasing** will appear on the right box.



The screenshot shows a paraphrasing tool interface with the following elements:

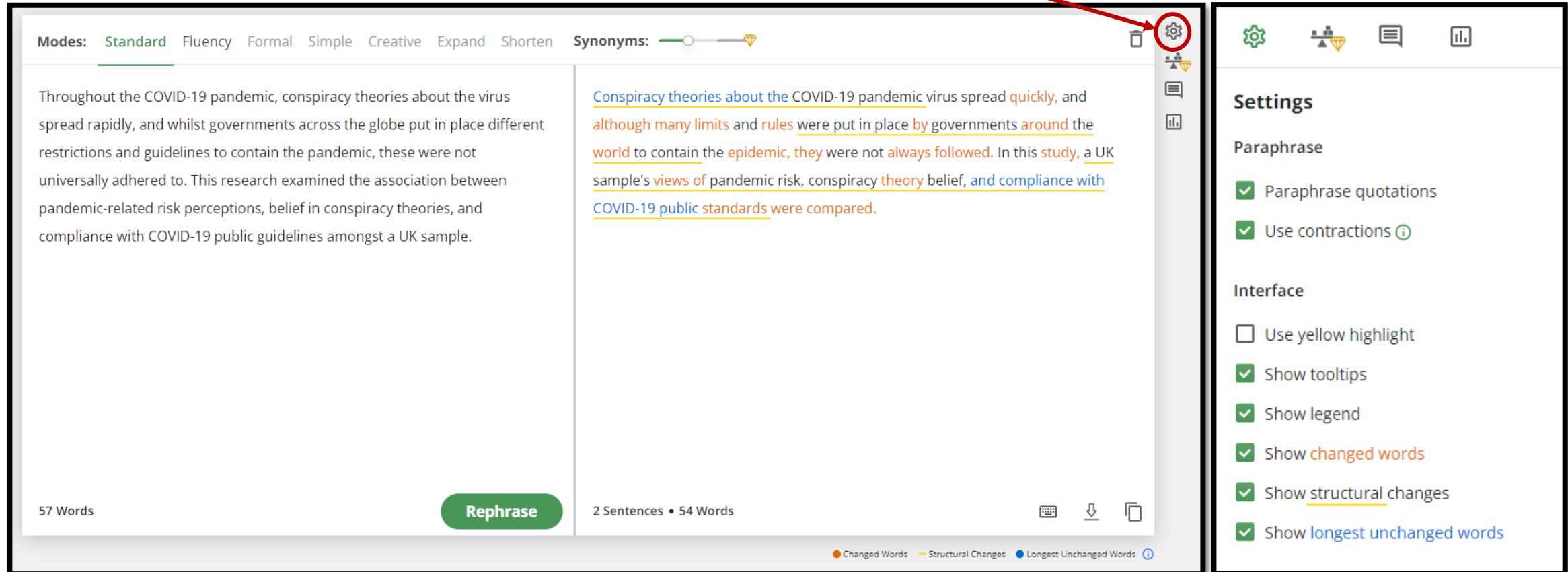
- Modes:** Standard (selected), Fluency, Formal, Simple, Creative, Expand, Shorten
- Synonyms:** A slider control and a diamond icon.
- Left Panel:** Original text: "Throughout the COVID-19 pandemic, conspiracy theories about the virus spread rapidly, and whilst governments across the globe put in place different restrictions and guidelines to contain the pandemic, these were not universally adhered to. This research examined the association between pandemic-related risk perceptions, belief in conspiracy theories, and compliance with COVID-19 public guidelines amongst a UK sample." (57 Words)
- Right Panel:** Paraphrased text: "Conspiracy theories about the COVID-19 pandemic virus spread quickly, and although many limits and rules were put in place by governments around the world to contain the epidemic, they were not always followed. In this study, a UK sample's views of pandemic risk, conspiracy theory belief, and compliance with COVID-19 public standards were compared." (2 Sentences • 54 Words)
- Buttons:** A green "Rephrase" button is located at the bottom center.
- Legend:** At the bottom right, there is a legend: "● Changed Words" (orange), "— Structural Changes" (yellow), "● Longest Unchanged Words" (blue).
- Decorative:** A red arrow points from the text "The result of paraphrasing" to the paraphrased text in the right panel.

7. If you are satisfied with the outcome, you can **download** or **copy** the paraphrased text.



The screenshot shows a web-based paraphrasing tool interface. At the top, there are tabs for 'Modes' (Standard, Fluency, Formal, Simple, Creative, Expand, Shorten) and a 'Synonyms' slider. The left panel contains the original text: 'Throughout the COVID-19 pandemic, conspiracy theories about the virus spread rapidly, and whilst governments across the globe put in place different restrictions and guidelines to contain the pandemic, these were not universally adhered to. This research examined the association between pandemic-related risk perceptions, belief in conspiracy theories, and compliance with COVID-19 public guidelines amongst a UK sample.' The right panel shows the paraphrased text: 'Conspiracy theories about the COVID-19 pandemic virus spread quickly, and although many limits and rules were put in place by governments around the world to contain the epidemic, they were not always followed. In this study, a UK sample's views of pandemic risk, conspiracy theory belief, and compliance with COVID-19 public standards were compared.' The interface includes a 'Rephrase' button, word and sentence counts, and icons for download and copy. A legend at the bottom indicates 'Changed Words' (orange), 'Structural Changes' (yellow), and 'Longest Unchanged Words' (blue).

8. If not, you may adjust the paraphrase setting by clicking on the **gear icon** on the right of the page.



The screenshot displays the paraphrasing tool interface. On the left, the original text is shown: "Throughout the COVID-19 pandemic, conspiracy theories about the virus spread rapidly, and whilst governments across the globe put in place different restrictions and guidelines to contain the pandemic, these were not universally adhered to. This research examined the association between pandemic-related risk perceptions, belief in conspiracy theories, and compliance with COVID-19 public guidelines amongst a UK sample." Below this text, it indicates "57 Words".

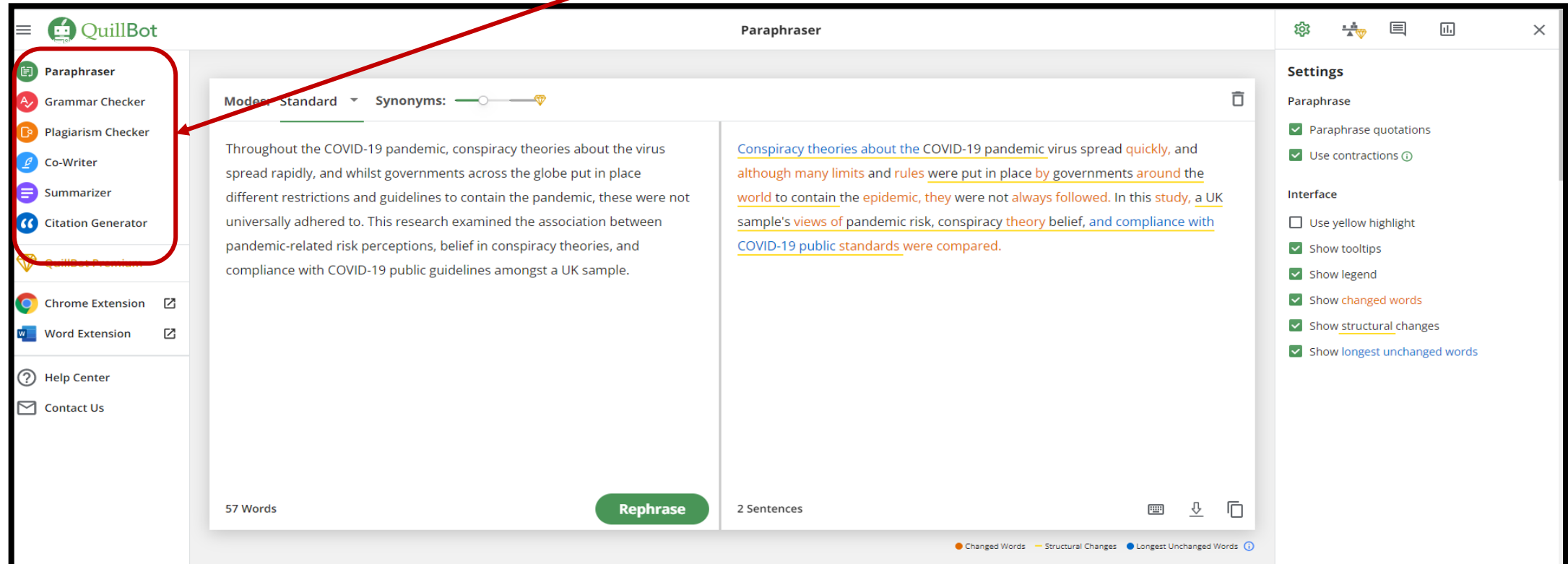
In the center, the paraphrased text is shown: "Conspiracy theories about the COVID-19 pandemic virus spread quickly, and although many limits and rules were put in place by governments around the world to contain the epidemic, they were not always followed. In this study, a UK sample's views of pandemic risk, conspiracy theory belief, and compliance with COVID-19 public standards were compared." Below this text, it indicates "2 Sentences • 54 Words".

At the bottom of the main interface, there is a legend: "● Changed Words", "— Structural Changes", and "● Longest Unchanged Words".

On the right side, the "Settings" panel is open, showing the following options:

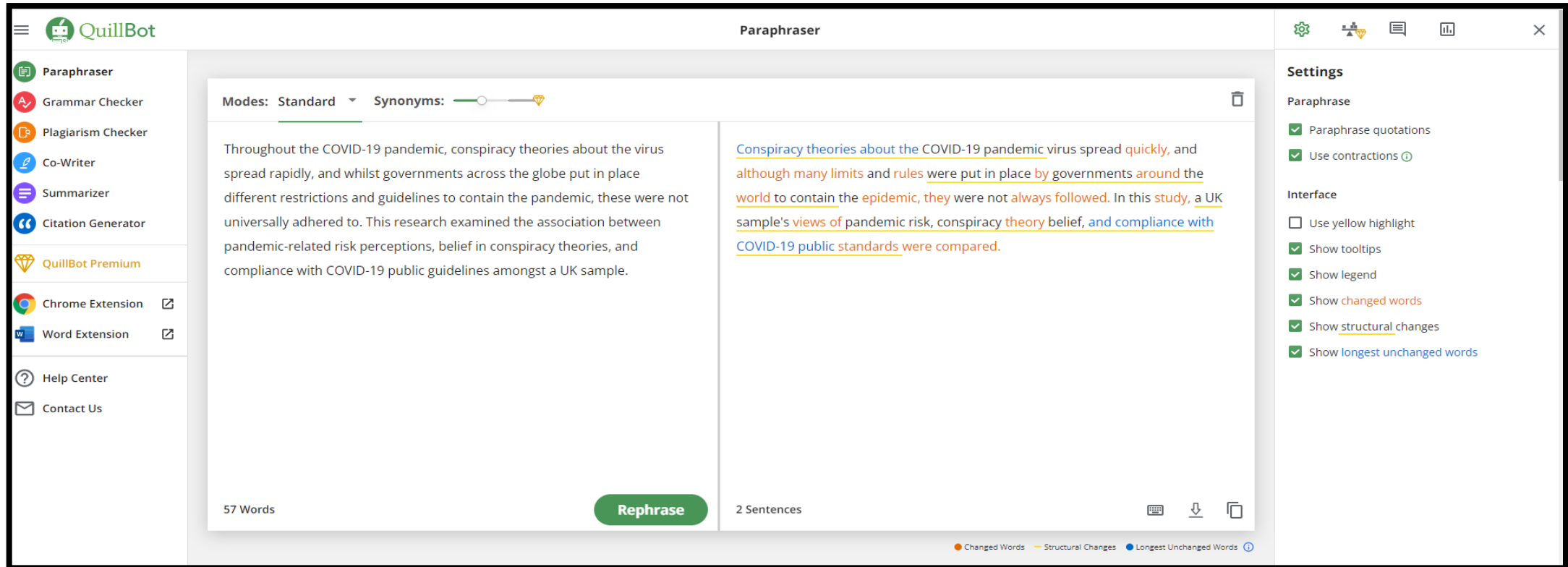
- Paraphrase**
 - Paraphrase quotations
 - Use contractions ⓘ
- Interface**
 - Use yellow highlight
 - Show tooltips
 - Show legend
 - Show changed words
 - Show structural changes
 - Show longest unchanged words

9. Quillbot also offered a **Grammar Checker, Plagiarism Checker, Co-Writer, Summarizer, and Citation Generator** on the left panel.



The screenshot shows the QuillBot Paraphraser interface. On the left, a sidebar menu lists various tools: Paraphraser, Grammar Checker, Plagiarism Checker, Co-Writer, Summarizer, and Citation Generator. A red box highlights these tools, with a red arrow pointing from the text above to the Paraphraser option. Below the menu are links for Chrome Extension, Word Extension, Help Center, and Contact Us. The main area is titled 'Paraphraser' and features a 'Mode' dropdown set to 'Standard' and a 'Synonyms' slider. The input text on the left reads: 'Throughout the COVID-19 pandemic, conspiracy theories about the virus spread rapidly, and whilst governments across the globe put in place different restrictions and guidelines to contain the pandemic, these were not universally adhered to. This research examined the association between pandemic-related risk perceptions, belief in conspiracy theories, and compliance with COVID-19 public guidelines amongst a UK sample.' The output on the right is: 'Conspiracy theories about the COVID-19 pandemic virus spread quickly, and although many limits and rules were put in place by governments around the world to contain the epidemic, they were not always followed. In this study, a UK sample's views of pandemic risk, conspiracy theory belief, and compliance with COVID-19 public standards were compared.' A green 'Rephrase' button is at the bottom of the input area. The bottom right shows '57 Words' and '2 Sentences'. A legend at the bottom indicates 'Changed Words' (orange), 'Structural Changes' (yellow), and 'Longest Unchanged Words' (blue). A 'Settings' panel on the right includes options for 'Paraphrase' (checked) and 'Interface' (unchecked).

10. Hope this guide will improve your writing, that is all thank you.



The screenshot shows the QuillBot Paraphraser interface. On the left is a sidebar with navigation options: Paraphraser, Grammar Checker, Plagiarism Checker, Co-Writer, Summarizer, Citation Generator, QuillBot Premium, Chrome Extension, Word Extension, Help Center, and Contact Us. The main area is titled 'Paraphraser' and features a 'Modes' dropdown set to 'Standard' and a 'Synonyms' slider. The input text on the left reads: 'Throughout the COVID-19 pandemic, conspiracy theories about the virus spread rapidly, and whilst governments across the globe put in place different restrictions and guidelines to contain the pandemic, these were not universally adhered to. This research examined the association between pandemic-related risk perceptions, belief in conspiracy theories, and compliance with COVID-19 public guidelines amongst a UK sample.' The output text on the right is: 'Conspiracy theories about the COVID-19 pandemic virus spread quickly, and although many limits and rules were put in place by governments around the world to contain the epidemic, they were not always followed. In this study, a UK sample's views of pandemic risk, conspiracy theory belief, and compliance with COVID-19 public standards were compared.' A 'Rephrase' button is located at the bottom of the input area. The bottom right of the interface shows a legend: 'Changed Words' (orange dot), 'Structural Changes' (yellow line), and 'Longest Unchanged Words' (blue dot). On the far right, a 'Settings' panel is open, showing options for 'Paraphrase' (checked for 'Paraphrase quotations' and 'Use contractions') and 'Interface' (checked for 'Show tooltips', 'Show legend', 'Show changed words', 'Show structural changes', and 'Show longest unchanged words').

The End

Thank you