**Write the title of your paper here**

(Capitalize first letter only, the title is not more than 12 words. Avoid abbreviations and formulae where possible)

Title

Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible. The title should not exceed 12 words and should be font size 16.

Abstract

Write an abstract of 130-150 words, giving a brief account of the most relevant aspects of the paper. It should address all of the following elements: Purpose of the article, methods, results, conclusions, and recommendations/future directions (as applicable). Avoid cited, abbreviations and formulae where possible. Write an abstract of 130-150 words, giving a brief account of the most relevant aspects of the paper. It should address all of the following elements: Purpose of the article, methods, results, conclusions, and recommendations/future directions (as applicable). Avoid cited, abbreviations and formulae where possible. Write an abstract of 130-150 words, giving a brief account of the most relevant aspects of the paper. It should address all of the following elements: Purpose of the article, methods, results, conclusions, and recommendations/future directions (as applicable). Avoid cited, abbreviations and formulae where possible.

*Keywords*: Immediately after the abstract, provide a minimum of five or maximum of seven keywords. List these in alphabetical order and use font size 10. Use semi-colons between words.

1. **Introduction**: This explains the nature and purpose of the article, the theoretical background relevant to the article's focus, and related research with a clear indication of the gap(s)/limitation(s) in existing knowledge/practice that the article will address, and the practical applications or significance of what the article reports.
2. **Methods and Materials**: This section names and justifies the research design; describes the participants/sample (e.g., contextualization, demographics, recruitment/selection criteria, and group assignment); the data collection instruments/ data generation techniques (e.g., task[s] / method(s), equipment, instruments, including a discussion of their validity and reliability, if appropriate, or trustworthiness in qualitative studies); the procedures employed in the study such as treatment(s) or the data generation process; and data analysis. Authors must please align the language of this section with their design (i.e., quantitative and qualitative methods sections will use different research jargon). Authors must comment explicitly on how their work was ethical.
3. **Results /Findings**: Results/findings should be clear and concise. You can present the data you have obtained in tables or graphs without exaggeration and explain them in writing.

Tables: All tables should be numbered with Arabic numerals. Headings should be placed above tables and centered. Leave one line space between the heading and the table. Only horizontal lines should be used within a table, to distinguish the column headings from the body of the table. Tables must be embedded into the text and not supplied separately. Table contents should be typed in font size 10.

Illustrations: All figures should be numbered with Arabic numerals (1, 2, 3). All photographs, schemas, graphs, and diagrams are to be referred to as figures. Line drawings should be good-quality scans (minimum of 300 dpi) or true electronic output. Low-quality scans are not acceptable. Figures must be embedded into the text and not supplied separately.

Lettering and symbols should be clearly defined either in the caption or in a legend provided as part of the figure. Figures should be placed at the top or bottom of a column wherever possible, as close as possible to the first reference to them in the article. The figure number and caption should be typed below the illustration, left justified, with subsequent lines indented.

Equations: All equations should be numbered with Arabic numerals (1, 2 ...n).

1. **Discussion**: The discussion should explore the significance of the results of the work, and not repeat them. Authors need to acknowledge their study's limitations. Combined results and discussion section is often appropriate. Avoid extensive citations and discussion of published literature in the discussion instead use the literature to show how the results/findings are significant.
2. **Conclusion(s)**: The main conclusions of the study may be presented in a short conclusions section, which may stand alone or form a subsection of the discussion, or results and discussion, section.
3. **Recommendations/Future directions**:  Recommendations/Future directions may stand alone or form a subsection of the discussion or results and discussion section. These include meaningful suggestions for further research and/or practical applications flowing from the study's conclusions.

**Ethical Approval**: (if there is) It is including your ethical approval, documenting the full name of the approving ethical committee, and confirming that informed consent was obtained from all patients/participants for your experiments.

**Conflict of Interest**: A conflict of interest can occur when you, or your employer, or your sponsor have a financial, commercial, legal, or professional relationship with other organizations, or with the people working with them, that could influence your research.

**Acknowledgments** (when appropriate): Collate acknowledgments in a separate section at the end of the article before the references and do not, therefore, include them on the title page, as a footnote to the title, or otherwise. List here those individuals who provided help during the research (e.g., language editing, writing assistance, fieldwork, etc.) and sponsors.

**References**: References are listed in alphabetical order. Each listed reference is cited in the text, and each text citation is listed in the References. References should be in line with APA 7 (American Psychological Association) style.

**Appendices**: If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1), and so on.

**Key Elements for Discussion Articles**: major theme, logical development of the theme, author's point of view, implications, inferences, or conclusions.

**Key Elements for Systematic Reviews and/or Meta-syntheses**: scope of the review, publication time span, publication origin, types of documents reviewed, author's opinion of the reviewed literature, particularly unique or important research findings, and conclusions about the research trends.

 **Formatting your Document**

Articles should be prepared in a single-column format suitable for direct printing onto A4 sheets of paper (8.3in x 11.7in/210mm x 297mm).

The body of the research article (Title, Abstract, Keywords, Introduction, Methods, Results, Discussion, Conclusion, Recommendations, Conflict of Interest, Ethical Approval, Acknowledgements, and References) should be typed in Calibri, font size 10. Use single-line spacing. The length of the article - including abstract, tables, and references -must be between 3500 and 10000 words. The article must be written in USA English and must be language edited by a professional English language practitioner prior to submission. Each paragraph should be longer than three sentences and maximum six sentences.

Write and structure articles according to APA 7 (American Psychological Association).

Style and References:

Please adhere to APA 7 (American Psychological Association) style in your article. Guidelines on how to do so can be accessed from the following link:

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