Type of the article (Article, Review, Communication, etc.)

Title

(Accurately, clearly and generally state the main focus of the study)

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\*Corresponding Author: Firstname Lastname, University Department, University Name, City, State ZIP/Zone, Country; Email: [e-mail@e-mail.com](mailto:e-mail@e-mail.com) ORCID id: https://orcid.org/0000-xxxx-xxxx-xxxx

**Abstract:** The abstract should be kept to a maximum of 300 words. It reports concisely on the main findings of the research. To this end, the abstract is structured in Background, Methods, Results and Conclusions, Significance. Kindly ensure the abstract is self-contained and remains readable to a wider audience. For this reason, references are not allowed.

**Keywords:** Keyword1; keyword2; keyword3 (List three to eight pertinent keywords specific to the article, and can best highlight the research focus of this article, which is conducive to the retrieval of scholars with this need.)

The suggested section titles given are for articles. Review papers and other article types have a more flexible structure.

*Remove this paragraph and start section numbering with 1.*

# Introduction

This section usually uses the method of literature review to outline the background, current status and the unresolved problems of the field, thus highlighting the reasons and significance of the research, etc.

# Materials and Methods

In this section, the methods used to obtain the results in the paper should be clearly elucidated. This allows readers to be able to replicate the study in the future. Authors should ensure that any references made to other research or experiments should be clearly cited.

# Results

In this section, the results of experiments conducted should be detailed. The results should not be discussed at length in this section. Alternatively, Results and Discussion can also be combined to a single section.

This section can be divided into subheadings and focuses on the results of the experiments performed.

*3.1. Subsection*

*3.1.1. Subsubsection*

*3.1.2 Subsubsection*

*3.2. Subsection*

*3.2.1. Subsection*

*........................*

***Figures***

Figures include photographs, scanned images, graphs, charts and schematic diagrams. These captions should be numbered (e.g. Figure 1, Figure 2, etc.) .All figures and tables must have a brief title (also known as caption) that describes the entire figure without citing specific panels, followed by a legend, defined as description of each panel. Please identify each panel with uppercase letters in parenthesis (e.g. (A), (B), (C), etc.) . All figures should be legible in print form and of optimal resolution.

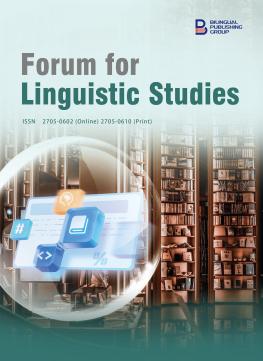


Figure 1. The cover of the journal

***Tables, lists and equations***

Tables created using Microsoft Word table function are preferred. The tables should include a title at the top. Titles and footnotes/legends should be concise. These must be submitted in the manuscript. Likewise, lists and equations should be properly aligned and its meaning clear to readers.

Equations please use the MathType add-on. Equations should be editable by the editorial office and not appear in a picture format.

For listing items within the main body of the manuscript, please use Roman numbers in parenthesis (e.g. (i), (ii), (iii), (iv), etc.).

Table 1. The title of the table

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| 0.001 | 0.002 | 0.03 |

**Note:**

All figures, tables, lists and equations should be mentioned in the text and placed in their corresponding places.

# Discussion

In this section, the results of the experiments conducted can be discussed in detail. Authors should discuss the direct and indirect implications of their findings, and also discuss if the results obtain reflect the current state of research in the field. Applications for the research should be discussed in this section. Suggestions for future research can also be discussed in this section. It should not be redundant or similar to the content of the results section. A combined Results and Discussion section is often appropriate.

# Conclusions

This section offers closure for the paper. An effective conclusion will need to sum up the principal findings of the papers, highlighting its importance and relevance, and its implications for further research.

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**Author Contributions**

The contributions of all listed authors should be described here. Co-first authors should have a more detailed description of their involvement compared to the other authors.

**Conflict of Interest:** Declaration of conflict of interest.

**Data Availability Statement:**

**Funding:** Please add: “This research received no external funding” or “This research was funded by NAME OF FUNDER, grant number XXX” and “The APC was funded by XXX”. Check carefully that the details given are accurate and use the standard spelling of funding agency names at https://search.crossref.org/funding. Any errors may affect your future funding.

**Acknowledgments:** In this section, you can acknowledge any support given which is not covered by the author contribution or funding sections. This may include administrative and technical support, or donations in kind (e.g., materials used for experiments).

# References

This section is compulsory and should be placed at the end of all manuscripts. The list of references should only include works that are cited in the text and that have been published or accepted for publication.

The references in the reference list should be arranged in alphabetical order of the first author’s surname. Authors referenced should be listed with their surname followed by their initials. All references should also appear as an in-text citation. References should follow the following pattern: Author(s) followed by year of publication, title of publication, full journal name, volume number, issue number in parenthesis and lastly, page range. If the DOI is available, please include it after the page range.

# **Journal:**

# Younger, P.. 2004. Using the internet to conduct a literature search. Nursing Standard, 19(6), 45–51. https://doi.org/10.7748/ns2004.10.19.6.45.c3728

# Obisesan, T. O., & Gillum, R. F. 2009. Cognitive function, social integration and mortality in a U.S. national cohort study of older adults. BMC Geriatrics, 9, 33. https://doi.org/10.1186/1471-2318-9-33

# Jackson, D., Firtko, A., & Edenborough, M. 2007. Personal resilience as a strategy for surviving and thriving in the face of workplace adversity: A literature review. Journal of Advanced Nursing, 60(1), 1–9. <https://doi.org/10.1111/j.1365-2648.2007.04412.x>

# **Book**:

Ohlsen, M.M., 1988. Horne AM, Lowe CF. Group Counselling. Springer International Publishing: City,Switzerland. pp. 1–282.

# Appendix A

If there is more than one appendix, they should be identified as A, B, etc. The appendix is an optional section that can contain details and data supplemental to the main text.

# Appendix B

All appendix sections must be cited in the main text. In the appendices, Figures, Tables, etc. should be labeled starting with “A”—e.g., Figure A1, Figure A2, etc.