Title: Garamond 14, Bold, Centred, Capitalised

Name and Surname of Authors1: Garamond, 11, Normal, Centred, with superscript number.

*1Affiliation: Superscript number followed by affiliation and country. Garamond 10, Italic, Centred*

## *All References should be cited in the main body of the text as follows: (author(s), year of publication). Please keep the use of footnotes to a minimum.*

## Section order in the manuscript:

## Abstract: Bold, Garamond 11, no space follows

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### Keywords: Bold, Garamond 11, no space follows

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# Introduction: Garamond 12, Bold, followed by space[[1]](#footnote-1)

Paragraph/Main Text: Garamond, 11, Normal, not justified. Text single spaced. Use space between paragraphs.

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Author (year) found that:

Longer Quote: indented, Garamond 10, Normal, no quotation marks, not justified.

kkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkk (p.#)

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short quotes- According to author (year) “Kkkkkkkkkkkkkkkkkkkkkkkkkk” (p.#). OR

“Kkkkkkkkkkkkkkkkkkkkkkkkkk” (Author, year, p.#).

# Heading: Garamond 12, Bold, Capitalised, Followed by Space

Paragraph: Garamond 11 pt, Normal, Not Justified

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Kkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkk. Kkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkk (Author & Author, year). Author et al., (year) studied kkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkkk.

Sub-heading1: Garamond 12, Italic, Bold, Capitalised, Followed by Space

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Sub-heading2: Garamond 12, Italic, Bold, Capitalised, Followed by Space

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# Conclusion: Garamond 12, Bold, Followed by Space

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# Acknowledgments: Garamond 12, Bold, no space follows.

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# Disclosure statement: Garamond 12, Bold, no space follows.

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No potential conflict of interest was reported by the authors. (change as required)

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* All lines after the first line of each entry in the reference list should be indented .5 inch from the left margin.
* references should be listed in alphabetical order
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# Organization as an author (write the whole name of the organization)

**See APA website for further details of referencing style:**

<https://apastyle.apa.org/style-grammar-guidelines/references>

**Single Author Article**

Author, A. A. (year). Title of article. *Title of Periodical*, volume#(issue #), pages. DOI

# Multiple Authors Article

Lastname, A., Lastname, A., & Lastname, A. (year). Title of article. Title of Periodical, volume#(issue#), pages. DOI

**Book**

Author, A. A. (year). *Title of Book.* Publisher Name.

**Chapter in Edited Book**

Author A. A. (year). Title of chapter. In E.E. editor (Ed.), *Title of book,* (pp. 1-25). Publisher Name.

# YouTube Video

Uploader, A. A. (Date). Title of work [Description]. YouTube. URL

**Podcast Episode**

Host, A. A. (Date). Title of Episode (No. 1) [audio podcast episode]. In Title of podcast. Publisher. URL

**TWEET**

Author, A.. A. [@username]. (Date). Content of post up to first 20 words. Site Name. URL

**Websites**

Author, A. A. (Date). Title of webpage. Site Name. URL. Any URLs must be hyperlinked and include the date last accessed.

1. Footnotes: Garamond 10. [↑](#footnote-ref-1)