**Title of Paper**

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**Author Note** (optional)

Abstract

Write your abstract on this page. Abstracts are usually limited to 250 words, but check with your instructor or follow journal instructions for details. Write in a single paragraph, and don’t indent first line. Your abstract can be structured or unstructured. If following a structured format, use bold, italic labels (e.g., ***Methods, Results***).

***Keywords***: example, example

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This is a sample paragraph. It is used for the purpose of explaining to authors how to format their papers and present the different elements used. Each new paragraph should begin with an indent of 0.5 in, and all paragraphs are aligned to the left. You can choose from many different fonts for your paper, but try to avoid fonts that may be difficult to read or seem hard on the eyes for long texts, as the case is with long research papers or dissertations. Be sure to use the same font type and size throughout your paper. However, you can use a different font in your figures and footnotes and when writing computer code.

This is a second paragraph. It is used for the purpose of explaining to authors how to format their papers and present the different elements used. Each new paragraph should begin with an indent of 0.5 in, and all paragraphs are aligned to the left. You can choose from many different fonts for your paper, but try to avoid fonts that may be difficult to read or seem hard on the eyes for long texts, as the case is with long research papers or dissertations. Be sure to use the same font type and size throughout your paper. However, you can use a different font in your figures and footnotes and when writing computer code.

**Headings**

All heading levels are written in Title Case and in bold. For different heading levels, follow the formats shown in the examples bellow. The headings of your sections (e.g., Methods, Results) are level 1, and your first subheading will be level 2, and so on.

Level 1 Heading

Begin your text here

Level 2 Heading

Begin your text here

Level 3 Heading

Begin your text here

Level 4 Heading.Begin your text here

Level 5 Heading***.*** Begin your text here

Tables and Figures

Follow the format in the example bellow for tables and figures. Place tables and figures at the top or bottom of the page leaving one empty line between the table or figure and the text; however, place larger tables/figures in a separate page without text, centered.

**Table 1**Table Title

|  |  |  |  |
| --- | --- | --- | --- |
| Factor | No. | % | *p* value |
| Exposed to allergens  In the home  At work | 32  67 | 17.5  33.5 | .001 |
| Smoker | 50 | 25 | .234 |
| Using inhalers | 64 | 32 | .03 |
| Using corticosteroids | 35 | 17.5 | .005 |
|  |  |  |  |

*Note*. This note adds explanation.

**Figure 1**Figure Title

*Note.* This chart explains a lot.

Leave an empty line before adding your next paragraph. Make sure to mention every table and figure in your text, (Table 1), for example. Do not, however, leave empty lines before or after headings. Write the contents of your paper from introduction to end (results and conclusion) without inserting page breaks. Start a new page for the references, footnotes, and appendices. If you are asked to add tables and figures at the end, then begin a new page for each table after the references, then do the same for each figure after the tables.

**Quotations**

Quotations are written either within the sentence (if < 40 words) or in blockquote form (if it contains ≥ 40 words). The following sentence is an example of a quote containing fewer than 40 words. According to Strunk et al., **“If those who have studied the art of writing are in accord only one point, it is this: the surest way to arouse and hold the reader’s attention is by being specific, definite, and concrete” (Strunk et al., 1918, p. 37).** The quote began with a capital letter because it does so in the original source. The following excerpt from *The Greta Influenza: The Story of the Deandemic in History* is an example of a quotation containing over 40 words:

Public health was and is where the largest numbers are saved, usually by understanding the epidemiology of the disease—its patterns, where and how it emerges and spreads—and attacking it at its weak point. This usually means prevention. Science had first contained smallpox, then cholera, then typhoid, then plague, then yellow fever, all through large-scale public health measures, everything from filtering water to testing and killing rats to vaccination. Public health measures lack the drama of pulling someone back from the edge of death, but they save lives by the millions. (Barry, 2009, p. 86)

As you may have noticed in the above quote, there are no quotation marks or first-line indentation, and the text is all indented 0,5 in. Notice also that the citation comes after the end punctuation.

**References**

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Footnotes

Appendix 1. Title