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Title in Spanish: Letters Calibri 14, bold, 1.5 spaced and centred

English title: Calibri 14 font, 1.5 space and centred.

The whole document should be justified and written in Calibri font, 11 point, 1.5 spaced (1.5 line spacing).

Abstract/Resumen

The abstract must be presented in Spanish and English (and also in French, if the article is written in French). It will have a maximum length of 150-250 words.

The abstract is a very brief summary of the study, it should allow those interested in the study to know its content quickly and directly. Some results of the work may also be presented in advance. In the case of original articles, the content should be divided into four sections (structured abstract): introduction, material and methods, results and discussion. In each of them, the reason and objective of the research, the methodology used, the most important results and the main conclusions will be described concisely. The novel and relevant aspects of the work should be emphasised.

3 to 5 key words should be included, according to UNESCO thesauri, in Calibri font, 10 points and separated by a semicolon (;).

Palabras clave (Keywords in Spanish): keyword 1; keyword 2; keyword 3; keyword 4.

Keywords: keyword 1; keyword 2; keyword 3; keyword 4.

The body of the article must contain the following **sections**: Introduction, Method, Results, Discussion, Conclusions and References.

The maximum length of the paper should be 6,000 words (including tables, figures and list of references), with a page number at the bottom centered.

The document must be justified and written in Calibri font, 11 point, 1.5 spacing (1.5 line spacing). Line spacing should be exact, with no space between paragraphs. Use modern paragraph style (no indentation), preferably no longer than 15 lines.

All headings and subheadings should be left justified, in Calibri 11 font, bold, upper and lower case.

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INTRODUCTION

Where reference is made to the theoretical framework, justification of the study and objective of the study. The elaboration of the theoretical framework is based on the literature review. It should include an updated review of the problem, mentioning the basic theories that frame the problem or research questions, the studies or research that support or refute them. In addition, all aspects that contextualise the problem to be addressed should be included. The aim is to situate the research in the context of other relevant previous studies.

METHOD

The section will include a description of all the details of the research process, so that any other researcher interested in replicating it can do so. Sufficient, but not innocuous, detail should be provided to enable the study to be replicated. It includes:

Design

The method used, the approach from which the study is carried out, the level of enquiry, the variables, etc. are described.

Participants

The sample subjects are described, with their description and most important characteristics.

Instruments

The instrument(s) used should be indicated, including the full name, author and year in which it was elaborated. In addition, it is recommended to include validity and reliability data. The author and/or validation of the instrument should be referenced.

Procedure

It is necessary to describe the procedures that were followed in conducting the research. This includes the administration of informed consent and compliance with other ethical issues. If necessary, the approval of the ethics committee should be added. The stages of the procedure should be briefly detailed in chronological order.

Data analysis

Briefly discuss information on the data analysis and statistical procedure, from how the coding of variables was carried out to which statistical tests were used for the analysis. References should be included if necessary.

RESULTS



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The findings of the data analysis should be described as completely and accurately as possible, synthesising the results obtained and in accordance with the objectives set out. Tables and figures should be included in the body of the article, and reference should be made to each of them in the text. The following considerations should be taken into account:

Tables

The title of the tables in 9-point font should be placed at the top of the table and numbered consecutively in Arabic numerals. The content should be in Calibri 9, with 1.5 line spacing. Notes should be included at the foot of the table in Calibri 8 point font. Example:

Table 1

Results of the correlation analysis

Title	Title	Title	Title
	Título menor	Título menor	Título menor
Title	data	data	data
Title	data	data	data
Title	data	data	data
Title	data	data	data

Note. general table notes and/or definitions of abbreviations. Subsequent specific notes should be included on a separate line.

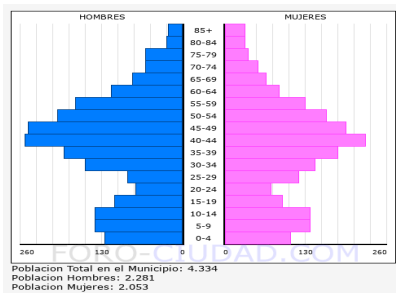
Figures

Figures (graphs, images and diagrams) should be neat and consistent in quality. Figure captions should be placed at the bottom of the figures, centred in Calibri 9 and numbered consecutively in Arabic numerals. Graphs should be in editable format and the content in Calibri 9 font. See example below (Figure 1). Images in GIF or JPG format at 300 dpi resolution and no larger than 800 x 600 pixels. Both graphics and images should be in greyscale.

Figure 8

Population of the municipality in 2021

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Note. Adapted from ...

DISCUSSION

The results should be presented and contrasted with other studies. Implications, strengths and limitations of the study and its results should be presented, and recommendations for future related research should be proposed. It should be aligned with the objectives stated in the body of the paper. The overall conclusions of the study should be provided.

REFERENCES

The list of references should include only the materials cited in the text (bibliographic, hemerographic and electronic), following the APA style (7th ed.) and taking into account the following considerations:

- References are listed alphabetically according to the names of the authors, organisation or body responsible for the publication.
- They are not numbered or bulleted.
- The line spacing and font size is the same as that used throughout the text.
- Each entry in your reference list should be indented one-half inch (1.27 cm) from the left margin.
- Use "y" in Spanish publications; "&" in English publications.
- Whenever the publication presents it, you must include the DOI of the publication.

Examples

Bandura, A. (1999). Social cognitive theory of personality. En *Journal of Biological Chemistry*. Guilford Publications. [https://doi.org/10.1016/s0021-9258\(19\)40792-8](https://doi.org/10.1016/s0021-9258(19)40792-8)

Consejo Económico y Social de Aragón (2021). *Informe sobre la situación económica y social de Aragón: Panorama social*. Consejo Económico y Social de Aragón

Epstein, J. L., Coates, L., Clark, K., Sandres, M. y Simon, B. (1997). *School, Family and Community Partnerships. Your handbook for action*. Corwin Press, Inc. <https://www.govinfo.gov/content/pkg/ERIC-ED467082/pdf/ERIC-ED467082.pdf>

González Cabanach, R., Fernández Cervantes, R., González Doniz, L., y Freire Rodríguez, C. (2010).



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Estresores académicos percibidos por estudiantes universitarios de ciencias de la salud. *Fisioterapia*, 32(4), 151-158. <https://doi.org/10.1016/j.ft.2010.01.005>

Instituto Aragonés de Estadística (2011). *Definiciones de indicadores demográficos*. Recuperado del Instituto Aragonés de Estadística. https://bonansa.aragon.es/iaest/met_el/Metodologia%20Indicadores%20Demograficos.pdf

Karasek, R. (1979). Job demands, job decision latitude and mental strain: implications for job redesign. *Administrative Science Quarterly*, 24, 285-308.

Lobo, A., Artal, J., y Pérez-echeverría, M. J. (1986). Validity of the scaled version of the General Health Questionnaire (GHQ-28) in a Spanish population. *Psychological Medicine*, 16(1), 135-140. <https://doi.org/10.1017/S0033291700002579>

Martínez, R. A. (2000). *Partenariado familia-centro escolar a través de la metodología de investigación-acción*. En A. M. Fontaine, (Ed.). *Parcería familia-escola e desenvolvimento da crianca*. (pp. 303-319). Oporto, Universidade do Porto.

Sandín, B. (2008). *El estrés psicosocial: conceptos y consecuencias clínicas* (2ª edición). Editorial Klinik.

In addition, the following statements should appear at the end of the manuscript:

AVAILABILITY OF DATA AND MATERIALS

Clarify whether and to whom data and/or study materials can be requested.

DECLARATION OF GENERATIVE AI AND AI-ASSISTED TECHNOLOGIES IN THE WRITING PROCESS

Authors are required to disclose any use of generative AI in the writing process when submitting their manuscript. This guidance pertains strictly to the writing process and does not cover the use of AI tools for data analysis or drawing insights as part of the research process. Please note, this declaration does not apply to the use of basic tools for checking grammar, spelling, or references. If no AI or AI-assisted technology has been used, no statement is required.

Authors must not attribute authorship or co-authorship to AI or AI-assisted technologies. Authorship implies roles and responsibilities that can only be fulfilled by human contributors.

When generative AI or AI-assisted technologies have been used in the writing process, this must be declared in a statement included at the end of the manuscript upon its initial submission. Below is an example of how this should be structured:

Statement Example: During the preparation of this manuscript, the author(s) used [NAME TOOL/SERVICE] to [REASON]. After utilizing this tool/service, the author(s) thoroughly reviewed and

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edited the content, and take(s) full responsibility for the final published version.

CONFLICT OF INTEREST

Declare whether there is a conflict of interest on the part of any of the authors.

FUNDING

The role of the funding agency, if any, in the design of the study and the collection, analysis and interpretation of the data and in the writing of the manuscript should be stated.

AUTHORS' CONTRIBUTIONS

Named by the acronyms of their first and last names, the contributions to the study of each author to the manuscript should be explained.

ACKNOWLEDGEMENTS (OPTIONAL)