

The title should be clear, brief, and informative. Abbreviations and formulas should be avoided.

Authors' identity should be written entirely by giving name, institution, and email address for correspondence author.

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ABSTRACT

The abstract generally includes the background, which provides a brief description of the research problem; the objective, which states the aim of the study; the methods, which describe the study design, population or sample, and data analysis; the results, which present the key findings of the study; and the conclusion, which summarizes the main conclusions and implications. The abstract should be written in a single paragraph consisting of 200–250 words, without citations, tables, or figures, and followed by relevant keywords.

Keywords: consist of 3-5 words or phrases.

INTRODUCTION

The introduction should explain the background of the study, describe the research problem, and highlight the research gap that the study aims to address. It should also present the novelty or contribution of the research compared to previous studies. The introduction should be written concisely without an overly long literature review and should end with a clear statement of the study objective or purpose.

METHODS

The methods section should describe how the study was conducted in sufficient detail to allow replication. This includes the study design, population and sample, sampling technique, data collection procedures, variables measured, and statistical analysis used. If applicable, ethical approval information should also be included, along with the approval number and institution that granted the approval.

RESULTS

The results section should present the findings of the study clearly and systematically. Data should be displayed using text, tables, and figures where appropriate. This section should focus only on reporting the findings without interpretation, explanation, or comparison with other studies.

DISCUSSION

The discussion section should interpret the study findings and explain their meaning. Authors should compare their results with previous studies, discuss possible reasons for similarities or differences, and highlight the implications of the findings. This section should also address the limitations of the study and suggest directions for future research.

CONCLUSION

The conclusion should summarize the main findings of the study and provide the key implications for public health practice, policy, or future research. The conclusion should be concise and directly reflect the results of the study without introducing new information.

ACKNOWLEDGMENTS

The acknowledgments section is optional and may be used to recognize individuals, institutions, or organizations that contributed to the study but do not meet the criteria for authorship. This may include technical support, administrative assistance, or other forms of contribution.

FUNDING

The funding section is optional and should state the source of financial support for the research, if any. Authors should clearly mention the funding organization and grant number where applicable. If the study did not receive any funding, authors may state that the research received no specific grant from any funding agency.

CONFLICT OF INTEREST

This section should disclose any potential conflicts of interest that could influence the results or interpretation of the study. If there are no conflicts, authors should state that they declare no conflict of interest.

REFERENCES

The references section should list all sources cited in the manuscript. References must be formatted according to the APA 7th edition style and should be complete, accurate, and consistent.

Formatting Requirements

Manuscripts must be prepared using Times New Roman font. The main text should be written in 10-point font size, while the title should be in 14-point bold and centered. The entire manuscript must use single spacing. Section headings should be written in bold without changing the font size. The manuscript should follow the complete IMRAD structure, consisting of Introduction, Methods, Results, and Discussion, along with other required sections.

Tables and figures should be placed within the text close to where they are first mentioned. Each table and figure must have a clear and descriptive title. Table titles should be placed above the table, while figure titles should be placed below the figure. Tables should be editable (not images), use simple formatting without vertical lines, and include only essential horizontal lines. All tables and figures must be cited in the text. Figures should be provided in high resolution to ensure clarity. Abbreviations used in tables or figures should be explained in notes placed below them.