

Check list		Yes (Y)/ Not Relevant (NR)
1.	Cover letter	
	1.1 Declaration	
	1.2 Name, affiliation, and signature of correspondence	
	1.3 Full postal address and contact number with country code for correspondence	
	1.4 Email address for correspondence	
	1.5 ORCID of the correspondence	
2.	Author consent form	
	Names of all authors in order	
	Affiliations of all authors	
	Signatures of all authors	
	Email addresses of all authors	
3.	Manuscript A	
	3.1 Format: Microsoft Word document file	
	3.2 Type of font: Times New Roman	
	3.3 Font size: 12	
	3.4 Margins: one inch (2.54 cm)	
	3.5 Line spacing: 1.5	
	3.6 Title page: Article title, Author names, Author affiliations, Corresponding author, Word count, Number of tables, Number of figures	
	3.7 Abstract	
	3.8 Keywords	
	3.9 Main body: Introduction, Objectives, Methods, Results, Discussion, and Conclusions	
	3.10 Author declaration: Acknowledgement, Author Contribution, Conflicts of Interest, Funding Sources	
	3.11 References: Vancouver-style	
4.	Manuscript B	
	4.1 Format: Microsoft Word document file	
	4.2 Type of font: Times New Roman	
	4.3 Font size: 12	
	4.4 Margins: one inch (2.54 cm)	
	4.5 Line spacing: 1.5	
	4.6 Title page: Article title, Word count	
	4.7 Abstract	
	4.8 Keywords	

	4.9 Main body: Introduction, Objectives, Methods, Results, Discussion, and Conclusions	
	4.10 Author declaration: Acknowledgement, Author Contribution, Conflicts of Interest, Funding Sources	
	4.11 References: Vancouver-style	
5.	Details of ERC approval/ study registration	
6.	Supplementary files	

