



English Manuscript Title 8-15 words, Capital Each Word (Except Conjunctions), Cambria font size 14

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(If all authors come from the same institution, then no coding will be given)

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ARTICLE INFO	ABSTRACT
Article History: Received Accepted Published online	Abstract written in English. This template is a guide format for writing articles in the <i>Journal of Applied Non-Clinical Health Sciences</i> (Wellsafe) which has been adapted to the style of the Wellsafe journal. Authors should follow the instructions given in this manual. This document can be used as a reference in writing the author manuscript. Make sure not to change the existing styles on this template, including font type and size, spacing, indent spacing, etc. The maximum number of pages for the Wellsafe journal is 15 pages . If there are foreign terms that have not been standardized, they are written in Italic. The abstract is made in 1 whole paragraph in English and completely describes the essence of the actual writing. Abstract writing of a maximum of 250 words containing the scope of the research carried out by emphasizing preliminary data from general to specific data, using 10 points Cambria font, spaced 1. The abstract contains the introduction, namely the background of why the research needs to be researched (1-2 sentences), research objectives that are described briefly, concisely, and clearly (1 sentence), materials and methods, including research design, sample size, data collection techniques, and research time and analysis techniques used (3 -5 sentences), research results/findings (3-5 sentences), conclusions, containing the implications of the findings/results which are explained briefly and containing suggestions (1 sentence). xxxxx xxx xxxxx xxxxx xxxxx xxxxxx xxxxx x xxxxx xxxxx xxxxx xxxxx xxx xxx xxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxx xxx.
Keywords: Keyword 1; keyword 2; keyword 3; keyword 4; keyword 5;	

INTRODUCTION

The introduction contains the urgency and background of the research problem described by the inverted pyramid method starting from the global, national and local levels. bibliography using vancouver

The number of pages in the introduction is 1-1.5 pages written using Cambria 11 points (upright) with 1.0 spacing. Each paragraph begins with a word that is indented into five digits. The final section of the introduction should state the purpose of the research.

MATERIAL AND METHOD

This section describes the type of research, the location and time of the study, the population and sample, sampling techniques, data collection techniques, data analysis, and data presentation. Research that uses tools and materials needs to write down the specifications of the tools and materials used. Qualitative research such as case studies, phenomenology, ethnography, and others, need to add a description of checking the validity of research results. Types of literature review include Narrative Review, Systematic Review, and Scoping Review, etc. The final part of the materials and methods of the author must include Ethical Clearance, the writing using Cambria 11 points (upright) with 1.0 spacing. Paragraphs begin with words indented into five digits and this section is shown in 1-2 paragraphs.

RESULTS

The results contain the research output by describing the factual and valid findings, objectives, and research methods. The results section presents the characteristics of the study participants, followed by univariate, bivariate, and, if applicable, multivariate analyses. An example of reporting statistical findings is: the study results indicated xxxxxxxxxxxxxx xxx ($p = 0.000$; $OR = 45.25$; $95\% CI = 13.23 < OR < 154.72$) in relation to disease Z.

Format Tables, Mathematical Formulas, Diagrams, and Figure

The title of a table is positioned above the table. Each table and figure should be numbered sequentially (e.g., "Table 1", "Figure 1"). Tables are typed single-spaced, using Cambria font size 10 in bold, and arranged in the order they appear. Tables should not use vertical lines, only horizontal ones. A maximum of five tables and figures is allowed, each accompanied by a concise yet complete title.

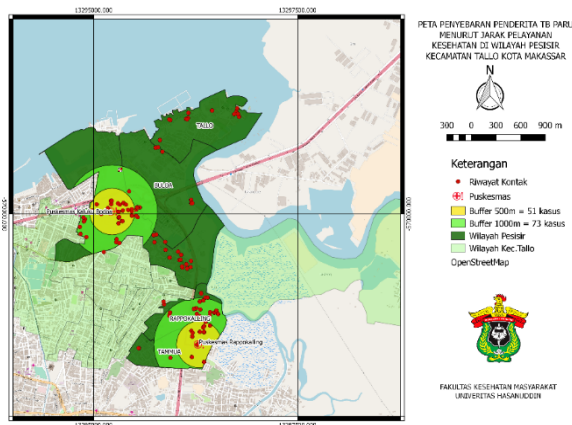
The presentation of tables, figures, and formulas should not precede the narrative.

The text within tables, diagrams, and figures should be formatted in Cambria, size 10, while captions or source descriptions for images and tables are written in Cambria, size 9.

Figure

Figures should be placed after the related narration. Images must not be enclosed with frames. The legend or description should appear below or beside the image, not above it. Captions or titles are written beneath the figure in Cambria, 10-point, bold format. Images must have high resolution to avoid distortion. If the image source is not from the research itself, it should be cited beneath the legend or description.

A narrative about the image (Figure 1).

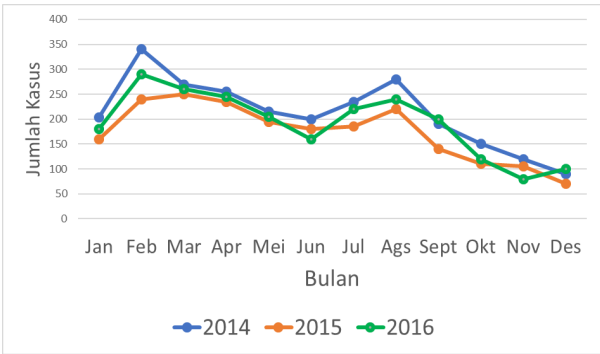


Source: Primary Data, 2020

Figure 1. Figure Title (Capital Letters at the Beginning of Words Except for Prepositions and Connecting Words)

Diagram/Grafik

Diagrams in the form of bar, line, or pie charts should be presented in two-dimensional format without frames. The accompanying narration is placed before the diagram and should not merely repeat the diagram’s content. The title of the diagram is written below the description or source, using Cambria 10-point bold. Diagrams are categorized as figures, for example: xxxxxxxxxxxxxxxxxxxxxx (Figure 2).



Source: Secondary Data of Dinas Kesehatan Kota Makassar, 2020

Figure 2. Figure Title

Table

Numbers in tables should be centered, titles positioned in the middle, while variables and sub-variables are aligned to the left. If a variable consists of more than two sub-variables, the titles of each variable should be written in bold. Decimal numbers are written with two digits after the comma. The narration of a table must appear before the table itself, and should not repeat the table’s contents but instead be adjusted to the study objectives. For example: *Most respondents were aged 20–35 years (Table 1).*

Tables must not be split across different pages, unless the table is too long for a single page. In such cases, the table should begin at the top of the page and continue on the next page if additional space is required.

Sources in tables and figures are only cited when they are taken from other references, not when derived from the author's own research. If many variables are included, large tables may be used. Extended tables can also be presented in a single-column format, as shown in Table 2.

Single-column tables should be placed either at the top or bottom of a page, not in the middle. Likewise, if a figure or table requires a larger display, it should be placed at the very top or bottom of the page. This arrangement helps maintain clarity and prevents confusion in the reading flow.

Math Formula

Mathematical formulas should be written using MathType or the Equation Editor in Microsoft Word, aligned to the left, and formatted in Cambria Math, size 11 pt. Formulas should not be separated from the narrative; instead, they must be introduced with a colon. Example:

This study uses the formula X (1994) which is shown as follows:

$$X = \frac{dy}{dx} \times \frac{-b \pm \sqrt{b^2 - 4ac}}{2a} = c$$

Table 1. Title of Table (Capital Letters at the Beginning of Words Except for Conjunctions)

Characteristics	n = (Total Sample)	%
Age (Year)		
≤ 20	XX	XX.X X
21-30	XX	XX.X X
31-40	XX	XX.X X
Education		
Elementary School	XX	XX.X X
Graduation		
Graduated Junior High School	XX	XX.X X
High School Graduation	XX	XX.X X
Graduated College	XX	XX.X X
Labor		
No Postterm	XX	XX.X X
Postterm	XX	XX.X X
Aaaaaaaa		
Aaaaaaa	XX	XX.X X
Aaaaaaa	XX	XX.X X
Bbbbbbb		
Bbbbbbb	XX	XX.X X
Bbbbbbb	XX	XX.X X

Cccccccc		
Cccccccc	XX	XX.X X
Cccccccc	XX	XX.X X

Source: Primary Data, 2021

Table 2. Title of Table						
Variable	Disease Incidence X				p-value	OR value (95%CI)
	Yes		No			
	n	%	n	%		
Age (Year)						
≤ 20	XX	XX.XX	XX	XX.XX	X.XXX	OR value (LL-UL)
21-30	XX	XX.XX	XX	XX.XX		
31-40	XX	XX.XX	XX	XX.XX		
Merital Status						
Merried	XX	XX.XX	XX	XX.XX	X.XXX	OR value (LL-UL)
Not Merried	XX	XX.XX	XX	XX.XX		

Source: Primary Data, 2021

DISCUSSION

The discussion section should provide an interpretation of the research findings, connecting them with relevant theories, existing literature, and previous studies. It should not merely restate the results. Insights are expected to be broad and universal, with preference for references from international sources rather than local or university-specific ones, as the latter may reflect limited perspectives. This section should cover approximately 55% of the total manuscript length.

CONCLUSION AND RECOMMENDATION

This section presents a summary of the key findings and discussion, aligned with the research objectives. Recommendations should be formulated based on the results and may include practical applications, theoretical advancements, or directions for future studies. Conclusions and recommendations must be written in Cambria, 11-point font, single spacing, with the first line indented by five spaces, and without the use of bullet points or numbering. The length should be one to two paragraphs.

ACKNOWLEDGMENTS (OPTIONAL)

Acknowledgments may be extended to: (1) parties providing financial assistance and support, (2) institutional or departmental contributions, and (3) professionals who offered expertise during the research process.

AUTHOR CONTRIBUTIONS

For articles with multiple authors, a concise paragraph should describe each author’s role. Suggested format: “AC conceived and designed the experiments; H conducted the experiments; UQ and GFS analyzed the data; FH provided materials, tools, and analysis support, and wrote the manuscript. All

authors have read and approved the final version of the manuscript. AC = Abigail Carrolline; H = Hardianti; UQ = Ummul Qura; GFS = Ghea Fricillia Sambe; FH = Franklin Hadley.”

CONFLICTS OF INTEREST

Authors must disclose any potential conflicts of interest or explicitly state: “The authors declare no conflict of interest.” Any potential influence from funding sponsors—whether in study design, data collection, analysis, interpretation, manuscript writing, or publication decisions—must be declared. If there was no involvement, authors should state: “The funding sponsors had no role in the study design; data collection, analysis, or interpretation; manuscript preparation; or the decision to publish.”

REFERENCES

References must follow the Vancouver superscript citation style. Entries should be listed in the order of appearance in the text, not alphabetically. A minimum of 15 references is required, with at least 70% from recent journal articles (within the last five years) and 30% from other relevant sources such as books, theses, dissertations, reports, or regulations (within the last ten years). To ensure consistency in citation and formatting, the use of reference management software such as Mendeley, EndNote, or Zotero is recommended.

Example of writing references:

1. Smith J, Brown L, Johnson T. The Impact of Air Pollution on Childhood Asthma: A Multi-Country Cohort Study. *Environmental Health Perspectives*. 2019;127(3):1-12. <https://doi.org/10.1289/EHP3875>
2. Handayani L, Prasetyo A, Nugroho H. Hubungan Pola Konsumsi Makanan Cepat Saji dengan Status Gizi Remaja di Kota Yogyakarta. *Jurnal Gizi dan Dietetik Indonesia*. 2017;5(1):45-53. [https://doi.org/10.21927/ijnd.2017.5\(1\).45-53](https://doi.org/10.21927/ijnd.2017.5(1).45-53)
3. Kumar P, Clark M. Kumar and Clark's Clinical Medicine. 9th ed. London: Elsevier; 2017.
4. Notoatmodjo S. Metodologi Penelitian Kesehatan. 3rd ed. Jakarta: Rineka Cipta; 2016.
5. World Health Organization. Global Status Report on Noncommunicable Diseases 2019. Geneva: WHO; 2019.
6. Firmansyah R, Dewi IK, Rahman A. Community Perception on Dengue Prevention Program in Rural Areas. In: The 5th International Conference on Public Health. Solo: Sebelas Maret University; 2019.

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The manuscripts submitted should be carefully proofread and edited. A well-polished manuscript that is free from errors will greatly improve its quality and the likelihood of publication.

Kindly ensure that your manuscript has been thoroughly checked for clarity, grammar, and consistency prior to submission. If you require support with professional editing, we would be glad to suggest suitable services.

Thank you for your kind attention to this matter.

Best regards,

WELLSAFE Editorial Office