

[ARTICLE TITLE]

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Highlights

- A concise bulleted collection that should capture the new results of your research.
- New methods used during your work.
- It will help increase the discoverability of your article through search engines.
- If planned to be included, it should be placed immediately after the Abstract section and above the main text.

Abstract

Aim: [Purpose of the study, should not exceed 300 words]

Method: [Methods used in the study, including sample, design, materials, and statistical analysis methods]

Findings: [Main findings of the research]

Conclusion: [Conclusions drawn from the study and their clinical/scientific implications]

Keywords: [3-6 keywords, should be selected from

<http://www.ncbi.nlm.nih.gov/mesh>]

Article Text (Times New Roman character, 12 point, double-spaced)

Introduction

[General definition and importance of the topic. A brief summary of the background and previous research. An explanation of how this study fills an existing knowledge gap. The aim of the study should be clearly stated.]

Method

- **Study Sample:** [Detailed information about the study participants or sample (number of participants, demographic characteristics, inclusion/exclusion criteria). Information regarding Ethical Committee approval (name of the ethics committee, ethics committee number) and the institution where the study was conducted should be provided.]
- **Design:** [Research design (e.g., cross-sectional, cohort, case-control, randomized controlled trial). For observational original research studies, authors are recommended to act under the guidance of STROBE guidelines, for randomized research studies under CONSORT guidelines, and for experimental animal studies under ARRIVE guidelines.]
- **Materials/Measurement Instruments:** [Detailed information about all measurement tools, questionnaires, laboratory tests, or experimental materials used in the study. Information on validity and reliability.]
- **Statistical Analysis:** [Detailed information on how data was analyzed, statistical software used, and statistical tests applied.]
- **Ethical Approval and Participant Consent:** [It should be stated that "all procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki Declaration and its later amendments or comparable ethical standards."]

Findings

[Results obtained from the analyses defined in the method section are presented. Should be supported by tables and figures in the text. Findings should be written in a clear and concise language. No interpretations should be made in the findings section.]

Discussion

[Discuss the implications of your findings, how they relate to previous studies, and their theoretical/practical implications. The strengths and limitations of the study should be addressed.]

Conclusion

[A brief summary of the main findings and implications of the study. Recommendations for future research can be made.]

Disclosure of Interests

[All authors should disclose all financial and personal relationships with other people or organizations that could inappropriately influence or bias their¹ work. E.g.: "All authors declare that they have no financial or personal relationships with other people or organizations that could inappropriately influence² or bias their work."]

Author Conflict

[Please state that there is no author conflict. E.g.: "The authors declare no author conflicts."]

Data Statement

[To promote transparency, you are encouraged to indicate the availability of any data upon submission. E.g.: "The data supporting the findings of this study are available from the corresponding author upon reasonable request."]

Acknowledgements³

[Please mention individuals who contributed to the preparation of the article but do not meet the authorship criteria in the acknowledgements section and ensure that these individuals are aware. Acknowledgements should be placed in a separate section immediately preceding the reference list.]

E.g.: "We would like to thank [Name of Person/Institution] for their valuable contributions to this study."

Author Contributions

[Authors must acknowledge co-author contributions using CRediT (Contributor Roles Taxonomy) roles. For detailed roles, please refer to <https://credit.niso.org/>.]

E.g.:

- [Author 1 Name Surname]: Conceptualization, Methodology, Software, Original Draft Preparation
- [Author 2 Name Surname]: Data Curation, Formal Analysis, Visualization
- [Author 3 Name Surname]: Supervision, Project Administration, Review & Editing

Funding Sources

[Authors must disclose all funding sources that provided financial support for the conduct of the research and/or preparation of the article.]

E.g.: "This work was supported by [Name of Funding Institution] under Grant No. [Grant Number]. The funding agency had no role in the design of the study, data collection, analysis, interpretation, or writing of the manuscript."

References

[All references cited in your article must also be present in your reference list. References can be submitted in any style, but after final acceptance, they will be requested to be formatted using the Vancouver reference style. In the text,

references are indicated by adding a number in square brackets, e.g., [1,2]. Author names may be cited in the text, but the reference number must always be stated. Number references consecutively according to their appearance in your article. Abbreviate journal names according to the List of Title Word Abbreviations (LTWA).]

Journal Article Example:

- 1. Johnson M, Tan W. The effects of cholesterol on heart health. J Cardioasc Med. 2020;15(4):210-5.

Book Example:

- 2. Smith J, Lee A. Cardiovascular diseases: Prevention and treatment. 3rd ed. New York: Health Publishers; 2020.

Website Example:

- 3. World Health Organization. Cardiovascular diseases. Available from: https://www.who.int/cardiovascular_diseases. Accessed 25 Feb 2025.

Tables

(Place tables on a separate page at the end of your article or upload them in a separate file.)

Table 1. [Table Title]

Column Header 1	Column Header 2	Column Header 3
Data 1	Data 2	Data 3
Data 4	Data 5	Data 6

Table Notes (placed below the table body)

Figures

(Figures, images, diagrams, and other graphical media should be provided as separate files along with the manuscript.)

Figure 1. [Figure Title]

[Figure to be inserted here]

Figure Notes (placed below the figure)
