

Title should be brief, specific and informative, no more than 15 words (Arial 14 pt)

Author A^{1*}, Author B² (Full name without degree) (Arial 11 pt)

¹Affiliation, should be written with specific unit/department, institutions name, city (if it comes from the same institution, it is written once) (Arial 11 pt, italic)

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Abstract (Arial 12 pt)

Only english abstract for Indonesian Journal of Obstetrics and Gynecology (INAJOG). Abstract concise description of the background, purpose, methods, results and conclusions required. No more than 250 words. Abstract is written using Arial 10 pt. Written with the following rules:

Objectives: contains the objective/purpose of research. Arial 10 pt

Methods: contains the research design, population, sample, sampling methods, research variables, data collection and data analysis.

Results: contains the results and discussion of research.

Conclusion: write the conclusion with your own words to answer the problem and research objectives, no copy paste from manuscript.

Keywords: keywords maximum five keywords should be provided below the abstract, sorted alphabetically, written in lowercase style, separated by commas, and without point in the end of words.

Correspondence Author. Author A. Department of Obstetrics and Gynecology, Faculty of Medicine, Universitas Indonesia, Depok, West Java 16424, Indonesia. Email: Telp : +6281232334894 (Arial 8 pt)

INTRODUCTION (Arial 12 pt)

Comprises the problems background, its formulation and purpose of the research and prospect for the future. The introduction should include data related to research problems that develop relatives from similar studies.

METHODS (Arial 12 pt)

Containing clarification on used materials and scheme of experiments. Method to be explained as possible in order to enable other examiners to undertake retrial if necessary. Reference should be given to the unknown method. Provide a detailed description of research designs or the experimental model used, inclusion and exclusion variables, instruments used, statistical analysis and software used.

RESULTS (Arial 12 pt)

The content should be presented in a logical sequence with the minimum number of tables and illustrations necessary to summarize only the important observations. Open tables should be used to simplify the view. Mathematical equations should be clearly stated, and decimal numbers should be separated by a point (.). Tables, figures, or graphics should be cited in the text in consecutive order. All non-standard abbreviations used should be explained. A maximum of 4 tables, figures, or graphics is allowed.

Table 1. The Relationship of Knowledge of Pregnant Women to the Implementation of Pregnancy Exercise

Variable (knowledge)	Implementation of pregnancy exercise				OR (CI 95%)	<i>P-value</i>
	yes		no			
	n	%	n	%		
Adequate	x	x	x	x		
Lack	x	x	x	x		

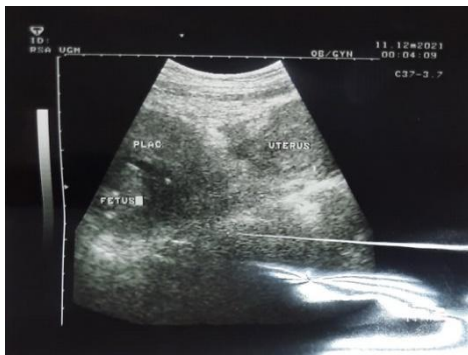


Figure 1. Sonography: Appearance of pregnancy products in the abdominal cavity

DISCUSSION (Arial 12 pt)

Explaining the meaning of the examinations results, in what way the reported result can solve the problems, differences and equalities with previous study and development possibilities.

ACKNOWLEDGEMENT (Arial 12 pt)

The acceptance of the existence or contribution by the institution in the form of technical assistance, and financial support and or materials.

CONCLUSION (Arial 12 pt)

Answers to the research question, conclusion of the research should be written in brief and clear descriptive sentences. This section should include the suggestion for further studies if necessary.

REFERENCES (Arial 12 pt)

1. The list of citation and reference libraries used are mandatory using the default citation applications such as Mendeley, EndNote, Zotero, or other applications for reference managers.
2. References must be identified in the text by the super script Arabic numerals and numbered in consecutive order as they are mentioned in the text.
3. The reference list should appear at the end of the articles in numeric sequence.
4. The reference is written in the **Vancouver Style** (80% taken from the scientific research publication) with a maximum of 5 years since the manuscript submitted in Indonesian Journal of Obstetrics and Gynecology (INAJOG).
5. If materials are taken online, cite the URL with the date you access the website.
6. Add 2 citations from INAJOG to your article. Use Mendeley, EndNote, or other applications for reference managers.
7. Here is a brief explanation on how to write citations using the Vancouver system:

➤ Order and Numbering:

- Citations are numbered consecutively in the order in which they appear in the text.
- The numbers are inserted in superscript format, after the relevant piece of information, e.g., "The study shows significant results.¹"

➤ Reference List:

- The reference list is arranged numerically in the order the citations appear in the text, not alphabetically.
- Each reference is assigned the same number it was given in the text.

➤ Format for Different Types of Sources:

- Journal Articles:
 - Format: Author(s). Title of article. Abbreviated Journal Title. Year; Volume(Issue): Page numbers.
 - Example: Smith J, Doe J, Lee K. Effects of a new drug on diabetes. Diabetes J. 2020;14(3):123-30.
- Books:

- Format: Author(s). Title of Book. Edition. City of Publication: Publisher; Year.
- Example: Brown P, Green R. Principles of Biochemistry. 5th ed. New York: Academic Press; 2018.
- Book Chapters:
 - Format: Author(s) of chapter. Title of chapter. In: Editor(s), editors. Title of Book. Edition. City of Publication: Publisher; Year. Page numbers.
 - Example: Johnson M, White L. Gene expression in cancer. In: Brown P, Green R, editors. Advances in Cancer Research. 2nd ed. Boston: Springer; 2017. p. 45-60.
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 - Format: Author(s). Title of Webpage. Website Name. Year [Accessed Date]. Available from: URL.
 - Example: Evans D. Advances in genetic research. ScienceDaily. 2021 [Accessed 2021 Jun 20]. Available from: <https://www.sciencedaily.com/releases/2021/06/210615100245.htm>.