

Title of Your Manuscript (15 font, center, bold)

Name (11 font, center)
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ORCID

ABSTRACT

This section is for abstract and you are required to have an abstract of 120 words or less. Please make just one paragraph. Abstract usually includes your research goal, findings, results, and suggested implications. 11 pt font; no indent, italics, justified text, not more than 120 words.
(Font size 11)

Keywords: not more than 7-8 words in alphabetical order, keep all in lower case, include one research method e.g., survey

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INTRODUCTION (centered bold, font size 11)

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LITERATURE REVIEW

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NOTE for heading levels:

■ **Level 1:** Centered, **Bold**, Title Case Heading.

Text begins on the next line as a new paragraph.

■ **Level 2:** Flush Left, **Bold**, Title Case Heading.

Text begins on the next line as a new paragraph.

■ **Level 3:** Flush Left, **Bold Italic**, Title Case Heading.

Text begins on the next line as a new paragraph.

■ **Level 4:** Indented, **Bold**, Title Case Heading ending with a period.

Text begins on the *same line* immediately after the period.

RESEARCH METHOD

(Centered bold)

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Participants

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Hypotheses Examples

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Table 1

Sociodemographic Characteristics of Participants at Baseline

Baseline characteristic	Guided self-help		Unguided self-help		Wait-list control		Full sample	
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%
Gender								
Female	25	50	20	40	23	46	68	45.3
Male	25	50	30	60	27	54	82	54.7
Marital status								
Single	13	26	11	22	17	34	41	27.3
Married/partnered	35	70	38	76	28	56	101	67.3
Divorced/widowed	1	2	1	2	4	8	6	4.0
Other	1	1	0	0	1	2	2	1.3
Children ^a	26	52	26	52	22	44	74	49.3
Cohabiting	37	74	36	72	26	52	99	66.0
Highest educational level								
Middle school	0	0	1	2	1	2	2	1.3
High school/some college	22	44	17	34	13	26	52	34.7
University or postgraduate degree	27	54	30	60	32	64	89	59.3
Employment								
Unemployed	3	6	5	10	2	4	10	6.7
Student	8	16	7	14	3	6	18	12.0
Employed	30	60	29	58	40	80	99	66.0
Self-employed	9	18	7	14	5	10	21	14.0
Retired	0	0	2	4	0	0	2	1.3
Previous psychological treatment ^a	17	34	18	36	24	48	59	39.3
Previous psychotropic medication ^a	6	12	13	26	11	22	30	20.0

Note. *N* = 150. Participants were on average 39.5 years old (*SD* = 10.1), and participant age did not differ by condition.

How to make APA manual-based tables? Check this link

https://www.youtube.com/watch?v=IT8f_vdGrak&feature=youtu.be

Use these links to go directly to the sample tables:

- [Sample demographic characteristics table](#)
- [Sample results of several *t* tests table](#)
- [Sample correlation table](#)
- [Sample analysis of variance \(ANOVA\) table](#)
- [Sample factor analysis table](#)

- Sample regression table
- Sample qualitative table with variable descriptions
- Sample mixed methods table

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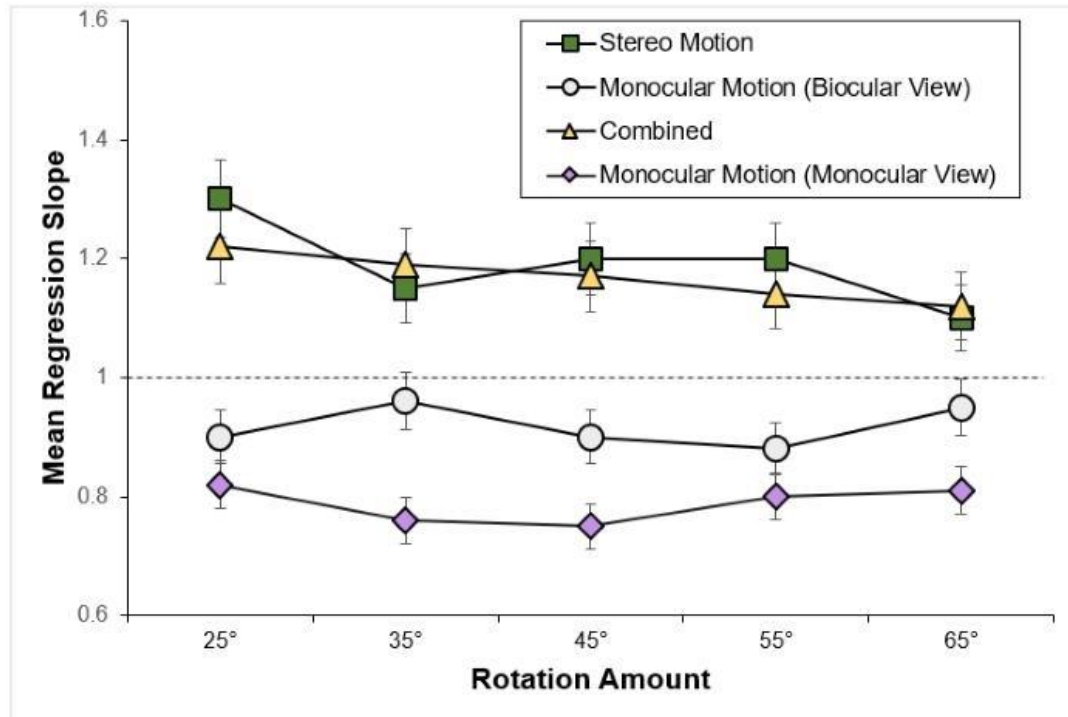
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No more than 4-5 tables and figures

Sample Figure



Principles of figure creation

The most important principle to follow when creating a figure is to present information in a way that is easy for readers to understand. Provide sufficient information in the figure itself so that readers do not need to read the text to understand it.

When creating a figure, ensure you meet the following standards:

- images are clear, 300 dpi or higher
- lines are smooth and sharp
- font is legible and simple
- units of measurement are provided
- axes are clearly labeled
- elements within the figure are clearly labeled or explained

Use these links to go directly to the sample figures:

- [Sample bar graph](#)
- [Sample line graph](#)
- [Sample CONSORT flowchart](#)

- Sample path model
- Sample qualitative research figure
- Sample mixed methods research figure
- Sample illustration of experimental stimuli
- Sample map

How to use Quotations in Qualitative Interview Analysis or Theme Descriptions

A direct quotation reproduces words verbatim from another work or from your own previously published work. It is best to paraphrase sources rather than directly quoting them because paraphrasing allows you to fit material to the context of your paper and writing style.

Use direct quotations rather than paraphrasing:

- when reproducing an exact definition (see Section 6.22 of the *Publication Manual*),
- when an author has said something memorably or succinctly, or
- when you want to respond to exact wording (e.g., something someone said).

Additional information is available about how to:

- include page numbers for quotations
- cite quotations from material without page numbers
- cite quotations that include errors
- indicate changes to quotations
- present quotations from research participants

Short quotations (fewer than 40 words)

For quotations of fewer than 40 words, add quotation marks around the words and incorporate the quote into your own text—there is no additional formatting needed. Do not insert an ellipsis at the beginning and/or end of a quotation unless the original source includes an ellipsis.

Effective teams can be difficult to describe because “high performance along one domain does not translate to high performance along another” (Ervin et al., 2018, p. 470).

For a direct quotation, always include a full citation (parenthetical or narrative) in the same sentence as the quotation, including the page number (or other location information, e.g., paragraph number).

- Place a parenthetical citation either immediately after the quotation or at the end of the sentence.
- For a narrative citation, include the author and year in the sentence and then place the page number or other location information in parentheses after the quotation.
- If the quotation precedes the narrative citation, put the page number or location information after the year and a comma.
- If the citation appears at the end of a sentence, put the end punctuation after the closing parenthesis for the citation.
- If the quotation includes citations, see Section 8.32 of the *Publication Manual*.
- If the quotation includes material already in quotation marks, see Section 8.33 of the *Publication Manual*.
- Place periods and commas within closing single or double quotation marks. Place other punctuation marks inside quotation marks only when they are part of the quoted material.

Block quotations (40 words or more)

Format quotations of 40 words or more as block quotations:

- Do not use quotation marks to enclose a block quotation.
- Start a block quotation on a new line and indent the whole block 0.5 in. from the left margin.
- Double-space the entire block quotation.
- Do not add extra space before or after it.
- If there are additional paragraphs within the quotation, indent the first line of each subsequent paragraph an additional 0.5 in. See an example in Section 8.27 of the *Publication Manual*.
- Either (a) cite the source in parentheses after the quotation's final punctuation or (b) cite the author and year in the narrative before the quotation and place only the page number in parentheses after the quotation's final punctuation.
- Do not add a period after the closing parenthesis in either case.

DISCUSSION AND CONCLUSIONS

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IMPLICATIONS

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REFERENCES

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Appendix A

The appendix is an optional section that can contain details and data supplemental to the main text—for example, explanations of experimental details that would disrupt the flow of the main text but nonetheless remain crucial to understanding and reproducing the research shown; figures of replicates for experiments of which representative data is shown in the main text can be added here if brief, or as Supplementary data. Mathematical proofs of results not central to the paper can be added as an appendix.

Table A1. This is a table caption.

Title 1	Title 2	Title 3
entry 1	data	data
entry 2	data	data

Appendix B

All appendix sections must be cited in the main text. In the appendices, Figures, Tables, etc. should be labeled starting with “A”—e.g., Figure A1, Figure A2, etc.

Note to all contributors (Please read):

1. Please double check your in-text citation and references to avoid unused bibliography entries.
2. Please follow APA style citation and references that includes doi #
3. We do NOT publish footnotes/endnotes, but you may include them in regular text.
4. We do NOT accept Microsoft auto interested in-text citation or references. It does not let us do formatting and developing print layout later. Please insert or fix them manually.
5. We also accept tables/figures in landscape format. All tables/charts should be smaller than than 6x9; images with a high resolution e.g., 300 dpi
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