Abstract Title *(Arial, 14 pt, bold; ≤ 20 words)*

Authors *(Arial, 12 pt)*
First Name Last Name[1], First Name Last Name[2], …

[1]Affiliation, Department, Institution, City, Country
[2]Affiliation, Department, Institution, City, Country

Corresponding author: email@address.com

Maximum 200 words; Arial, 12 pt; one figure may be included if relevant. In-text citations should be indicated using numbers in brackets, e.g., [1].

Background. Briefly describe the context and importance of the study. Clearly state the problem or research question.
Objectives. State the main aim(s) of the study. Example: *This study aims to investigate…*
Methods. Describe the study design, participants/sample, methods, and analysis concisely.
Results. Present the main findings with specific data where possible.
Conclusions. Summarize the key takeaway(s) and implications.

Keywords. *(Arial, 12 pt; 3–5 keywords)*

Figure (optional). *One figure may be included. Provide a short caption (1–2 sentences). Ensure the figure is clear and publication-quality.*

References *(Arial, 12 pt, italic; APA citation style; numbered according to order of appearance in the text; maximum 3 sources)*

[1] Author, A. A., & Author, B. B. (Year). Title of the article. *Journal Name*, volume(issue), pages. https://doi.org/xxxxx
[2] Author, C. C., Author, D. D., & Author, E. E. (Year). Title of the article. *Journal Name*, volume(issue), pages.
[3] Author, F. F., & Author, G. G. (Year). Title of the article. *Journal Name*, volume(issue), pages.

Funding. *(Arial, 12 pt)* State funding sources or write: *This study received no external funding.*

Conflicts of Interest. *(Arial, 12 pt)* Declare any or state: *The authors declare no conflict of interest.*