



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

Authors (*Arial, 12 pt*)

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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.

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